

STANDARD INSTALLATION
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

Fort Myer
Virginia

Information Date
February 03, 2003

Visit the SITES Web Site at
<http://www.dmdc.osd.mil/sites>

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Installation

Installation Overview

For more information on this subject:
Fort Myer Military Community Home Page
<http://www.fmmc.army.mil/>

The Fort Myer Military Community (FMMC) includes Fort Myer and Fort McNair (located in Washington D.C.) Fort Myer, Virginia is located in Arlington, VA, on U.S. Route 50 next to the Arlington National Cemetery, adjacent to and west of Washington D.C. The major command is the U.S. Army Military District of Washington (MDW). Within the Fort Myer Military Community, Major Units include the 3rd U.S. Infantry (The Old Guard), 1101st Signal Brigade, HQ, Fort Myer Activities, HHC U.S. Army Garrison, U.S. Army Criminal Investigation Command and 501st M.P. Company.

The command's mission is three fold: --First, to respond to crises, disasters or security requirements in the National Capital Region through implementation of various contingency plans. -- Second, to provide both base operations and a variety of specialized support to Army and other Defense Department organizations throughout the National Capital Region. Specialized support includes personal property shipping, nationwide fixed-wing airlift and operation of Arlington National Cemetery. --Third, but most visible, to conduct official ceremonies, locally and worldwide, on behalf of the nation's civilian and military leaders.

To access the Fort Myer telephone system you should dial the following numbers: The Staff Duty Officer for HQ Command commercial number is (703) 696-2974 DSN 426-2974.

Army 3rd Infantry Division staff Duty Officer number is (703) 696-3647 and DSN 426-3647.

For more specific information on how to get to Fort Myer please refer to the "MUST KNOW ITEMS" category.

HISTORY

Fort Myer, sited on hills in Virginia overlooks the Potomac river. Its origin has been traced to the Civil War. The land was confiscated from the Robert E. Lee estate during the Civil War. It's been an important Signal Corp's post, a showcase for Army cavalry, site of the first flight of an aircraft on a

military installation and the first military air fatality. Fort Myer has been the home of the Army Chief of Staff for nearly a century and today is home for thousands of soldiers, sailors, and airman working throughout the Military District of Washington and the nation's capital. The majority of soldiers who work at locations throughout the national capital region, are assigned to Headquarters Command.

Fort Lesley J. McNair, located at the point of the Potomac and Anacostia Rivers in Washington, D.C. has been an Army post for 200 years, second only to West Point in length of service. The military reservation was established in 1791. Major Pierre C. L'Enfant included it in his plans for Washington as a major defense site for the city. An arsenal first occupied the site and defenses were built in 1794. Fort McNair has been the headquarters of the U.S. Army Military District of Washington since 1966 and home of the National Defense University since 1977. Other units on post are the 67th Explosive Ordnance Detachment and a platoon of the MDW Military Police Company. Fort McNair is the home of several general and flag officers, and by tradition, the Army's number two officer, the Vice Chief of Staff.

Name: Andrews AFB		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
Andrews AFB	3055	Pr.George's/Charles Counties MD

Name: Bolling AFB		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
Bolling AFB	5140	District of Columbia

Name: Ft Belvoir		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
Ft Belvoir	4810	Fairfax County, VA

Name: Ft Meade		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
Ft Meade	3085	Anne Arundel/Howard Co. MD

Name: Ft Myer		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
Ft Myer	4870	Fairfax/Alexandria, VA

Name: Garrison Commander		
Address: Building #59		
City: Fort Myer, VA 22211		
Phone: (703)-696-3249 DSN 426-3249		

Name: Henderson Hall		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
Henderson Hall	4900	Arlington/Falls Church, VA

Name: MCCDC Quantico		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
MCCDC Quantico	4930	Prince William Counties, VA

Name: NAVDIST Anacostia		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
NAVDIST Anacostia	5170	District of Columbia

Name: NAWC Patuxent River		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
NAWC Patuxent River	3115	Calvert/St Mary's Counties, MD

Name: NS Annapolis		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
NS Annapolis	3145	Annapolis/Baltimore MD

Name: NSWC Dahlgren		
WWW Link: http://www.dmdc.osd.mil/sites		
Comments:		
Installation	SITE#	Coverage Area(s)
NSWC Dahlgren	4975	Fredericksburg, VA

Must Know Items

DIRECTIONS

Directions if driving: Incoming personnel arriving: From National Airport (Main Terminal) -Follow signs for Route 1 Crystal City/Alexandria -Turn right onto Route 1 N. to Washington -Take Route 110 N. towards Rosslyn/Memorial Bridge/I-66W. (Left hand lanes) -Turn left at sign to Iwo Jima Memorial/Fort Myer (approx. 2 miles) -Proceed up hill to Wright gate, Fort Myer.

From National Airport (Interim Terminal) -Follow signs for I-395, I-66 -Exit right onto I-395 South towards Richmond -Left at sign Iwo Jima Memorial/Fort Myer -Proceed up hill to Wright gate, Fort Myer

From I-495 to I-66 East. 66E runs into Fort Myer Drive. Turn right onto Fort Myer Drive and follow it straight to Marshal Dr. then turn right into Wright Gate.

From I-395N Exit 8A (Columbia Pike/Washington Blvd) stay on Washington Blvd to Fort Myer entrance ramp to Hatfield Gate.

From I-395S (From DC or Maryland) Take Highway 110 (Rosslyn) exit. Stay on 110 to the Iwo Jima exit sign. Turn left and drive straight to Wright Gate.

INCOMING PERSONNEL

All incoming officer/enlisted (TDY and PCS) assigned to the Old Guard will report to HDQ Staff Duty NCO in building #242. All others, assigned to HDQ BN report to building 406.

All incoming personnel, whether eligible or ineligible for assignment to government quarter or accompanied/unaccompanied by family members,

will report to building 406 Fort Myer, VA, basement HQ's Company, USAG. Those soldiers reporting after duty hours, on weekends, or holidays, report and sign in at Bldg. 406, CQ desk.

The Fort Myer billeting office is in Wainwright Hall located on Fort Myer. Reservations can be made 60 days in advance. Field grade officers are on a space available basis only. Transient personnel may telephone (703) 696-3576/77. Request for General Officers are made through the Army Protocol Office (703) 697-7051 DSN: 426-7051.

Important documents to hand carry: school records and birth certificates if you have children, in order to register for child care or school entry, health and dental records for all family members. If seeking employment bring school transcripts, updated resume or SF 171, Personnel Qualification Statement, professional certifications or licenses, proof of car insurance, family immunization records, pet registration licenses, and letters of credit from previous utility companies in order to waive deposits where accepted.

The National Capital Region is a very high cost area in which to live. Most people who have lived in this area for a length of time learn to adjust their lifestyle to their income. Newly assigned active duty soldiers to this area are the most vulnerable consumers especially if they are young. It is extremely important to get these soldiers educated to the pit falls and traps of this area early upon arrival. Army Community Service, Fort Myer, Virginia, has established a START RIGHT Program. This is a mandatory two day comprehensive inprocessing orientation program held on Monday and Tuesday or Thursday and Friday. All newly arrived O6 and below soldiers and Department of Army Civilian employees reporting into the Fort Myer Military Community must go through this orientation. During this orientation, participants are exposed to the Consumer Affairs and Financial Assistance Programs available to them. CAFAP offers a mandatory class for first termers called 1st Termers' Financial Management which should be taken as soon as arriving at your first duty station. Army Community Service has a cash grant emergency assistance program known as Operation Helping Hand that can assist active duty families with short term emergency assistance (\$200.00 or less). We also have an Emergency Shelter Program, emergency food assistance, emergency local transportation and Holiday Food Basket Program. Financial Counseling and Planning counselors are available as

well. We also have Consumer Education classes, seminars, and workshops on home buying, budgeting, car buying, credit, investments, checkwriting and many other consumer issues to educate soldiers. Since there is very little available government housing in the National Capital Region, most junior grade enlisted families are forced to live off post on the economy in this area. Soldiers are informed of the Set-A-Side Housing Program through the Family Housing office. This program provides low cost off post housing with no security deposit or credit check.

Fort Myer Military Community also has a unique program, The Center for Area Information and Referral (CAIR), which will assist you in a move to this area. Call 1-800-477-9571 or (703) 696-0026 DSN 426-0026 for personalized relocation assistance. Candant Mobility Services supports the program by providing rental and buying assistance, (at no cost to the service member) local school information, on and off post recreational activities and local area transportation, etc.

SCHOOL INFORMATION

There are no DoDDS Schools at Ft. Myer. (The nearest DoDDS schools are located at Quantico Marine base in Quantico, VA.)

Arlington County Public Schools serve students who live on Fort Myer. The three Arlington schools are:

Long Branch Elementary School (K-5)

33 N. Filmore St.
Arlington, VA 22201
Telephone: (703) 228-4220
Ms. Felicia Russo, Principal

Thomas Jefferson Middle School (6-8)

125 S. Old Glebe Rd.
Arlington, VA 22204
Telephone (703) 228-5900
Ms. Sharon Monde, Principal

Washington-Lee High School (9-12)

1300 N. Quincy St.
Arlington, VA 22204
Telephone: (703) 228-6200
Ms. Marion Spraggins, Principal

For additional information on schools, contact the Director of Child and Youth Program, Diane Carr, at (703) 696-6862.

For extensive school information refer to the School Calendar 2002-2003.

May 2003

7 Elementary Early Release
14 Elementary Early Release
21 Elementary Early Release
26 Holiday - Memorial Day (Schools Closed)
29 Elementary Early Release

June 2003

4 Elementary Early Release
11 Elementary Early Release, Teacher Preparation for Conferences and Report Cards
18 Last Day for High School students/Elementary and Middle School Release Early
19 Last Day for Middle School/Elementary School Release Early
19 High School Graduation
20 Last Day for Elementary School/Release Early
19,20,23 Make up day for High School (if needed)
20,23,24 Make up day for Middle School (if needed)
23,24,25 Make up day for Elementary School (if needed)
30 First Day of Summer School: September 3, 2002
Winter ARLINGTON COUNTY PUBLIC SCHOOL CALENDAR 2002-2003 HIGHLIGHTS
First Break: December 21, 2002-January 1, 2003, with classes beginning on January 2, 2003.
Spring break: April 14-18, 2003, with classes beginning April 21, 2003.
Last day of classes for elementary and middle school students: June 19, 20, 2003.
Last day of classes for high school students: June 18, 2003.
High school graduation: June 19, 2003.

2002 - 2003 School Calendar

August 2002

26 Teacher Planning Day
27-28 Teacher In-service
29-30 Teacher Planning Day

September 2002

2 Holiday V Labor Day (Schools Closed)
3 First Day of School Tuesday
4 Elementary Early Release
6 Orientation for Second Language Families New to Arlington Clarendon Education Center, 7 p.m.
11 Elementary Early Release
18 Elementary Back-to-School Night
25 Elementary Early Release School Based In-service

19 Middle School Back-to-School Night
October 2002

2 Elementary Early Release
3 High School Back-To-School Night
3 Middle and High School Early Release
14 Holiday Columbus Day (Schools Closed)
16 Elementary Early Release Elementary Countywide In-service

16 College Fair at Ballston Common Mall, 7 p.m.
16 Elementary Early Release, Preparation for Conferences

16 Middle School Parent-Teacher-Conference No school for middle school students
10-11 Elementary Parent-Teacher Conference No school for elementary students
28 High School Information Night at Washington-Lee High School, 7 p.m.

Middle school students/parents overview of high schools, alternative programs and procedures

23 Elementary Early Release
30 Elementary Early Release

November 2002

4-17 Jan. 18* Timeframe for applying for transfers to any secondary school and to H.B. Woodlawn.*First Monday in November (the 5th) through the third Friday in January (the 18th).

6 Elementary Early Release School Based In-service

11 Holiday Veterans Day (Schools Closed)
12 Middle & High Schools Work Day No School for Middle & High Schools

13 Elementary Early Release

4 Middle School Information Night at Washington Lee High, 7 p.m.

Elementary school students/parents overview of middle schools, alternative programs and procedures
22-29 Holiday Thanksgiving (Schools Closed)

December 2002

4 Elementary Early Release
5 High School Early Release

11 Elementary Early Release Elementary Countywide In-service

18 Elementary Early Release

20 Winter Vacation begins at the end of the school day

January 2003

2 Schools reopen after winter vacation

8 Elementary Early Release Elementary Countywide In-service

15 Elementary Early Release

17* Last day of the application period for transfers to secondary schools or to H.B. Woodlawn.

20 Holiday Martin Luther King, Jr. Birthday (Schools Closed)

22 Elementary Early Release

27 Middle and High School Work Day - No School for Middle and High Schools
 27 Kindergarten Information Night at Gunston, 7 p.m.
 29 Elementary Early Release, Preparation for Report Cards
 February 2003
 3-21 V April 15* Timeframe for applying for transfers to any elementary school or elementary program.
 3 Snow date Kindergarten Information Night at Gunston, 7 p.m.
 5 Elementary Early Release
 13 High School Early Release
 12 Elementary Early Release School Based In-service
 17 Holiday Washington's Birthday (Schools Closed)
 19 Elementary Early Release
 26 Elementary Early Release
 28 Summer Activities Fair at Jefferson Middle School, Gymnasium at 6: 00 p.m.
 March 2003
 5 Elementary Early Release, Teacher Preparation for Conferences and Report Cards
 6-7 Elementary Parent-Teacher Conferences No School for Elementary Students
 14 Orientation for Summer School at Clarendon Education Center, 7 p.m.
 12 Elementary Early Release V Elementary County-wide in-service
 19 Elementary Early Release
 27 Middle and High School Early Release
 27-29 Spanish Language Book Fair at Key Elementary School, 3:30 8 p.m.
 27 Middle School Work Day no school for middle school students
 28 Teacher Work Day
 April 2003
 9 Elementary Early Release Elementary Countywide In-service
 14-18 Spring Break
 21* Last day of the application period for transfers to any elementary school or elementary program.
 23 Elementary Early Release
 30 Elementary Early Release
 May 2003
 7 Elementary Early Release
 14 Elementary Early Release
 21 Elementary Early Release
 26 Holiday Memorial Day
 28 Elementary Early Release
 June 2003
 18 Last Day for High Schools/Elementary and Middle School Early Release
 19 Last Day for Middle Schools/Elementary Early Release/High School Graduation

20 Last Day for Elementary Schools/Early Release
 19, 20, 23 High School Make-up Days (if needed)
 20, 23, 24 Middle School Make-up Days (if needed)
 23, 24, 25 Elementary School Make-up Days (if needed)
 30 First Day of Summer School
 July 2003
 4 Holiday Fourth of July (Schools Closed)
 August 2003
 1 Last Day of Summer School for Elementary and Middle School Students
 13 Last Day of Summer School for High School Students

For more detailed information, visit the Arlington County Public Schools web site or call the School Information Center at (703) 228-7660.

HIGH SCHOOL GRADUATION REQUIREMENTS OVERVIEW

Arlington County Public Schools offers two types of diplomas Xthe Standard and the Advanced Studies. Please note that the requirements for the Classes of 2002 and 2003 differ from the requirements for the Class of 2004. Also, Washington-Lee High School offers the International Baccalaureate. For more information on the IB Diploma, call (703) 228-6233 or (703) 228-6200.

HIGH SCHOOL GRADUATION REQUIREMENTS

Class of 2002 and Class of 2003
 (for graduation purposes, student groups are defined by their first year
 in grade nine, i.e., 1998 and 1999)
 Discipline Area Standard Diploma
 Credits Advanced Studies Diploma
 Credits
 English 4 4
 Mathematics 3
 (courses must be at or above the level of Algebra I) 4
 (courses must be at or above
 or above the level the level of Algebra I)
 Laboratory Science 3* 4**
 History and Social Sciences 3*** 4****
 Foreign Language 0 3
 (3 years of one language or
 2 years each of two languages)

Health and Physical Education 2 2
 Fine Arts or Practical Arts 1 1
 Electives 6 2
 TOTALS 22 24/25

* Courses completed must include offerings from at least two different science disciplines: Earth Space, Biology, Chemistry, or Physics.

** Courses completed must include offering from at least three different science disciplines: Earth Space, Biology, Chemistry, or Physics.

*** Courses completed must include U.S. and Virginia History, U.S. and Virginia Government and one World History/Geography course.

**** Courses completed must include U.S. and Virginia History, U.S. and Virginia Government and two World History/Geography courses or one World History/Geography and Advanced Placement European History.

PLEASE NOTE: When students below the 9th grade successfully complete courses offered for credit in grades 9-12, credit shall be counted toward meeting the standard units required for graduation provided the courses meet SOL requirements or are equivalent in content and academic rigor as those courses offered at the secondary level, or verified units provided students achieve a passing score on end of course SOL tests. (See below for definition of verified credits.)

HIGH SCHOOL GRADUATION REQUIREMENTS Class of 2004

Discipline	Area	Standard	Diploma	Advanced
Studies	Diploma			

Credits	# of Verified	Credits	# of Verified
---------	---------------	---------	---------------

English	4	2	4	2
---------	---	---	---	---

Mathematics	3			
-------------	---	--	--	--

(courses must be at or				
------------------------	--	--	--	--

above the level of Algebra I)	1	4		
-------------------------------	---	---	--	--

(courses must be at or				
------------------------	--	--	--	--

above the level of Algebra I)	2			
-------------------------------	---	--	--	--

Laboratory Science	3*	1	4**	2
--------------------	----	---	-----	---

History and Social Sciences	3***	1	4****	2
-----------------------------	------	---	-------	---

Foreign Language	0			
------------------	---	--	--	--

3				
---	--	--	--	--

(3 years of one language or				
-----------------------------	--	--	--	--

2 years of each of				
--------------------	--	--	--	--

2 languages.)				
---------------	--	--	--	--

Health and Physical Education	2	2		
-------------------------------	---	---	--	--

Fine Arts or Practical Arts	1	1		
-----------------------------	---	---	--	--

Electives	6	2		
-----------	---	---	--	--

Additional Verified Credit in				
-------------------------------	--	--	--	--

Mathematics, Laboratory

Science, or History and Social Sciences 1

(student selected) 1

(student selected)

TOTALS 22 6 24/25 9

* Courses completed must include offerings from at least two different science disciplines: Earth Space, Biology, Chemistry, or Physics.

** Courses completed must include offering from at least three different science disciplines: Earth Space, Biology, Chemistry, or Physics.

*** Courses completed must include U.S. and Virginia History, US and Virginia Government and one World History/Geography course.

**** Courses completed must include US and Virginia History, US and Virginia Government and two World History/Geography courses or one World History/Geography and Advanced Placement European History.

VERIFIED CREDITS signify that the student has passed the end-of-course Standards of Learning test administered for the required course. Standards of Learning end-of-course tests are given for Algebra I, Geometry, Algebra II, Earth-Space Science, Biology, Chemistry, World History/Geography Part I, World History/Geography Part II, and United States and Virginia History.

REGISTRATION REQUIREMENTS

Birth certificate of the child

Social Security Card if available

Proof of Arlington residence (rental lease, real estate contract, mortgage agreement or deed)

Immunization records

EXTENDED DAY SERVICES

The Extended Day Program runs from 7 a.m. to the start of school and then again after school to 6 p.m. Fees are based on a sliding scale. For additional information, visit the Extended Day Program section of the Arlington County Public Schools web site.

SPECIAL EDUCATION

The policies and procedures that govern the special education services that Arlington County Public Schools provides to eligible students are designed to meet the Federal and State mandates so that all students with disabilities of eligible age receive a free, appropriate public education in the least restrictive environment. For additional information and guidance, visit the special education section of the Arlington County Public Schools web site and contact the FMMC Exceptional Family

Member Program Manager, Marcia O'Connor, at (703) 696-3510 or oconnerm@fmmc.army.mil

Also see EDUCATION, Public and DODDS Schools)

There are many school districts in the surrounding area. If you live on Fort Myer your children will attend Arlington County Schools. The majority of families in this area live in Fairfax County so information provided here will be regarding Fairfax County Schools. See the Subject below titled Education for web links to Arlington County Schools and Fairfax County Schools.

FAIRFAX COUNTY SCHOOLS

School begins September 3, 2003. The first semester ends January 24, 2003. The second semester begins on January 31, 2003 and ends on June 19, 2003. Graduation is on or after June 19, 2003.

GRADUATION REQUIREMENTS

For students in the graduation classes of 1998-2001, Virginia requires a minimum of 21 credits, or 24 credits if pursuing the advanced studies diploma. Students graduating in 2004 will be required to earn verified units of credit. Students who graduate prior to 2004 are required to pass all components of the Virginia Literacy Passport Test (VLPT).

A verified unit of credit is based on satisfactory completion of a specific course and a passing score on the end-of-course Standard of Learning test for that course.

ENROLLMENT, the following are required:

- * the presence of a natural or adoptive parent
- * birth certificate and, for non U.S. citizens, passport or alien card
- * proof of residency in Fairfax County
- * transfer slip or report card from previous school
- * certificate of a negative tuberculin test administered within 30 days

* evidence of other required immunization: (Virginia law requires every new student to be immunized against diphtheria, tetanus, whooping cough, polio, mumps, measles (rubeola), German measles (rubella). Children born on or after January 1, 1994, are required to be immunized against Hepatitis B.

SPECIAL EDUCATION programs meet state and federal laws for providing a free and appropriate public education for each eligible student with disabilities between the ages of 2 and 22. Programs are offered for children who have the following disabilities: autism, developmental delay (preschool), emotional disability, hearing impairment, mental retardation, multiple disabilities, orthopedic impairment, other health impairment, specific learning disability, speech or language impairment, severe disability, traumatic brain injury, and visual impairment. For further information, call the Parent Resource Center at (703) 204-3941 or Army Community Service Exceptional Family Member Program (703) 696-3510 DSN 426-3510/8467

DAY CARE - School Age Child Care (SACC) is provided before school, after kindergarten, and after school in certain elementary schools. For more information, call the Fairfax County Office for Children (703) 449-8989.

Military Personnel and their families relocating to the Metropolitan Washington area should be sure to view the "Must Know" section for more detailed information on communities not immediately adjacent to their specific assignment.

Population Served:

Active duty	16,457	Active duty other services	
2,988	Active duty family members	71,342	Retirees
16,395	Retirees family members	2,543	TOTAL
			98,903

See Installation Overview for additional SITES information.

Must Know Items

--Installation--	
Site Name	Fort Myer
Last Updated	February 03, 2003
State/Territory	Virginia
County	Arlington
ZIP Code	22211
Service	USA
Host Command	
Physical Size	0
--Personnel--	
FSC/ACS Director	
Relocation Assistance Manager	
Relocation Assistance Specialist	Trina Reliford
--Phones--	
DSN Country Code	
DSN Number	426-3510
Commercial Country Code	
Commercial Area Code	703-
Commercial Number	696-3510
FAX DSN Country Code	
FAX DSN Number	426-0165
FAX Commercial Country Code	
FAX Commercial Area Code	703-
FAX Commercial Number	696-0165
--Official Mailing Address--	
Street Line 1	201 Custer Road
Street Line 2	
City	Fort Myer
State/Territory	VA
ZIP Code	22211-1199
--Deliverable Address--	
Street Line 1	
Street Line 2	
City	
State/Territory	
ZIP Code	
E-Mail	relocation@fmmc.army.mil

Geographically Separated or Satellite Locations

Fort Lesley J. McNair is located in Washington D.C. approx 10 miles from Fort Myer.

Nearby Installations (Listed Separately in SITES)

For more information on this subject:

PENTAGON INFORMATION

<http://www.dtic.mil/ref/html/Welcome/Wlcm.htm>

Fort Myer has several installations that are located within driving distance. Please refer to the section entitled "Must Know Items" to obtain additional information.

Nearby Installations (Listed Separately in SITES)

<i>State/Country</i>	<i>Site Name</i>	<i>Service</i>	<i>Distance</i>
District of Columbia	Bolling AFB/AF Pentagon	USAF	
District of Columbia	NAVDIST Wash DC	USN	
Maryland	Andrews AFB	USAF	
Maryland	Fort Meade	USA	
Maryland	Naval Air Station Patuxent River	USN	
Maryland	U.S Naval Academy	USN	
Virginia	Fort Belvoir	USA	
Virginia	Henderson Hall	USMC	
Virginia	NSWCDD Dahlgren	USN	
Virginia	Quantico	USMC	

Regulations

WEAPON LAWS for military residing in Virginia.

FORT MYER: Personnel residing on post are required to register their firearm(s) at the Provost Marshal Office, Vehicle Registration Section, Bldg 216. To register a firearm you must fill out three copies of HQ MDW form 206. Information required is: make, type, length barrel and overall, serial number, caliber /gauge, and model number. Your commanding officer must sign the MDW form 206.

FORT BELVOIR: Personnel residing on post are required to register their firearm(s) at the Provost Marshal Office, Bldg 1131. To register a firearm you must fill out Form SB 100. Information required is: type, model #, serial #, barrel length, caliber (gauge, and make/brand). E-5 and below must have this forms signed by their Commander. Phone (703)806-4052.

WASHINGTON, D.C.

Fort McNair: No handgun registration on post.

CIVILIANS residing in Maryland, Virginia and D.C.

MARYLAND The law in Maryland is the same law that applies in Virginia. There is no fee for registering a firearm in Maryland. Register with your local police department. (301) 568-8101.

WASHINGTON, D.C. Handguns are outlawed in the city of Washington, D.C. Rifles with a barrel of at least 16" in length and shotguns with a barrel of at least 20" in length must be registered at Gun Control, 300 Indiana Ave., Room 2058. There is a fee of \$10.00 per weapon plus \$23.50 for fingerprinting

when registering a gun. Fingerprinting is open M-Th 0900-1400.

VIRGINIA Virginia does not require firearms to be registered. You can, however, get firearms registered for your own benefit. There is no fee for registering firearms. If you transport any firearm through any part of the state of Virginia, you must keep the firearm and the ammunition separate. This law applies to all counties in northern Virginia. Register with your local police department.

VEHICLE REGISTRATION

Within 30 days after establishing legal residence in Virginia, you are required to apply for a Virginia Driver's License, title your vehicle in the state, register your vehicle to get a state license plate, and obtain a local sticker or decal (if required). Your vehicle must have Virginia state inspection of safety equipment. Local service stations are licensed to do inspections. You don't need to register your vehicle or get a Virginia License if you are in the military and licensed in another state. Overseas drivers licenses and registration are valid for a period of thirty (30) days.

The Military District of Washington vehicle registration system is designed to enhance the Command security, crime prevention, and safety programs and thereby improve the health and welfare of our service members, civilians and their families. Those assigned, attached or on temporary duty (TDY) status to unit/sections on MDW posts are required to register their vehicles. This does not include personnel on TDY whose vehicles are currently registered with DD FM 2220 by another post. Civilians, post/installation contractor employees and members of other services who are billeted on

MDW posts, whose vehicles are not registered with their parent services are also required to register. Items required to register a vehicle within MDW are: ID card, drivers license, state registration and proof of insurance. Please bring these items to Start Right(in processing) in order to register your vehicle

Name: VIRGINIA DEPARTMENT OF MOTOR VEHICLES
Address: 501 S. Glebe Road
City: Arlington, VA
Phone: (703) 761-4655
Comments: Hours of operation are 1000-2000 M-F / 0900-1400 SA

Name: FORT MYER MILITARY POLICE
Address: Building 216
City: Fort Myer, VA 22211-1199
Phone: (703) 696-8968 DSN 426-8968
Comments: Hours of operation are MWThF 0830-1700 and Tu 0730-1700

Commonly Referenced Numbers

See "Record Listing" below.

Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
ARMY CAREER AND ALUMNI PROGRAM	(703) 696-0973	426-0973
ARMY COMMUNITY SERVICE	(703) 696-3510	426-3510
ARMY EMERGENCY RELIEF	(703) 696-3510	426-3510
ARMY FAMILY TEAM BUILDING PROGRAM	(703) 696-1229/3510	426-1229/3510
ARMY NATIONAL BANK	(703) 351-8080	1-800-755-2759
BILLETING	(703) 696-3576	426-3576
CHAPLAIN	(703) 696-3532	426-3532
CHILD CARE CENTER	(703) 696-3095/3201	426-3095/3201
COMMAND POST	(703) 696-3250	426-3250
COMMISSARY	(703) 696-3685	426-3685
CREDIT UNION	(703) 525-5950	
EDUCATION CENTER	(703)-696-3070	426-3195
EMPLOYMENT ASSISTANCE PROGRAM	(703) 696-3047	426-3047
FAMILY ADVOCACY REP	(703) 696-3510	426-3510
FINANCE	(703) 696-3522	426-3522
FIRE DEPARTMENT (EMERGENCY, ALSO MEDICAL EMERGENCIES)	(703) 696-3600	426-3900
FIRE DEPT (NON-EMERGENCY)	(703) 696-3483	426-3483
HOSPITAL	(703) 696-3446	426-3446
HOUSING REFERRAL OFFICE	(703) 696-3557/3558	426-3557-3558
INSTALLATION VOLUNTEER PROGRAM	(703) 696-1229/3510	426-1229/3510
LEGAL OFFICE	(703) 696-0761/0762	426-0761/0762
MWR (SINGLE FUND ACTIVITIES)	(703) 696-3110	426-3110
OFFICER'S CLUB	(703) 524-7000	
POST EXCHANGE	(703) 522-4575	
PROVOST MARSHAL LIAISON SECTION	(703) 696-0061/63	426-0061/63
RED CROSS	1-877-272-7337	-
RELOCATION ASSISTANCE CENTER	(703) 696-3510	426-3510
SECURITY	(703) 696-3535	426-3535
TRANSPORTATION MGT.	(703) 695-4163	227-4163
YOUTH and SCHOOL AGE SERVICES	(703) 696-3712/3728	426-3712/3728

<http://www.fmmc.army.mil/>

Major Unit Listing

For more information on this subject:
HQ CMD

See "Record Listing" below.

Major Unit Listing

<i>Unit</i>	<i>Command</i>	<i>Point of Contact</i>	<i>Commercial</i>	<i>DSN</i>	<i>Fax</i>
1101st SIG BDE	USAISC	Commander	(703) 696-3115	426-3115	
3d INFANTRY (The Old Guard)	MDW	Commander	(703) 696-3003	426-3003	
A COMPANY (FT McNAIR)	MDW	Commander	(202) 475-0764	426-0764	
B COMPANY	MDW	Commander	(703) 696-3364	426-3364	
C COMPANY	MDW	Commander	(703) 696-3040	426-3040	
COMMAND COMMUNICATIONS BRANCH	MDW	Operations Sergeant	(703) 696-3537	426-3537	
Co D, Walter Reed Army Medical Center (Rader Clinic)		Commander	(703) 696-3695	426-3695	
D COMPANY	MDW	Commander	(703) 696-3172	426-3172	
E COMPANY	MDW	Commander	(703) 696-3031	426-3031	
HQ US ARMY	MDW	Commander	703) 696-3412	426-3412	
MDW DCSLOG TROOP SUPPORT	MDW	Chief	(703) 696-3420	426-3420	
MILITARY POLICE COMPANY	MDW	Commander	(703) 696-3617	426-3617	
PENTAGON OPERATIONS CO. 1101st SIG BDE	USAISC	Commander	(703) 696-3112	426-3112	
THE UNITED STATES ARMY BAND	MDW	Commander	(703) 696-3647	426-3647	
WASHINGTON DISTRICT USA CIDC	US Army Criminal Investigation Command	Commander	(703) 696-3495	426-3495	
WASHINGTON RESIDENT AGENCY	US Army Criminal Investigation Command	Special Agent in Charge	(703) 696-3495	426-3495	

Transportation

See "RECORD LISTINGS" below and "COMMUNITY TRANSPORTATION" for additional information.

Name: CARLSON WAGONLIT TRAVEL
Address: Building 405
City: Fort Myer, VA 22211-1199
Phone: (703) 524-4535
FAX: (703) 524-1863
Comments: Hours of operation are Monday thru Friday 1030-1800 and Closed Holidays

Commissary and Exchange Operations

For more information on this subject:

AAFES

<http://www.aafes.com>

See "Record Listing" below.

Name: AAFES SERVICE STATION
Address: Bldg. 452
City: Fort Myer, VA 22211-1199
Phone: (703) 522-2584
Comments: Auto parts, tires, batteries, oil changes, mounting, balancing, shock, installation and changing of batteries.

Name: DRY CLEANERS
Address: Bldg. 441
City: Fort Myer, VA 22211-1199
Phone: (703) 522-1635

Name: FORT MYER COMMISSARY
Address: Building 523
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3685
Comments: Hours of operation are Monday 1000-1900/Tuesday & Thursday 0900-1930/ Wednesday & Friday 0900-1900/ Saturday 0800-1700 Sunday 1100-1700.

Name: FORT MYER POST EXCHANGE
Address: Building 450
City: Fort Myer, VA 22211-1199
Phone: (703) 522-4575
Comments: Hours of operation are Monday-Friday 0900-2000, Saturday 0900-1900, Sunday 1000-1800.

Name: SHOPPETTE
Address: Bldg. 441
City: Fort Myer, VA 22211-1199
Phone: (703) 692-9244
Comments: Hours of operation are 0900-2200 Sunday-Saturday

Local Community

Local Community Overview

For more information on this subject:

Washington Visitors Center

<http://www.washington.org>

The "Washington Metropolitan Area" refers to the District of Columbia plus five Maryland counties(Charles, Calvert, Frederick, Montgomery and Prince Georges), five Virginia counties (Arlington, Fairfax, Loudoun, Prince William and Stafford) and five Virginia cities (Alexandria, Falls Church, Fairfax City, Manassas and Manassas Park).

VIRGINIA is across the Potomac from Washington D.C. The state has much to offer for a wide variety of interest. Within an easy commute you can explore much of America's history from Colonial Williamsburg, Jamestown, Yorktown, Mt Vernon, Fredericksburg, Monticello and the battle fields of the Civil War. There are miles of bike trails and jogging paths, beaches, mountain trails, and fantasy worlds of fun. Throughout the year there are festivals and craft fairs to name a few free activities.

MARYLAND is blessed with a diverse environment rich in natural resources including a true national treasure, the Chesapeake Bay. The State of Maryland is committed to preserving and protecting these resources which enhance the lives of all who live and work in, or visit this great state.

WASHINGTON D.C. lies midway along the eastern seaboard of the United States, about 90 miles inland from the Atlantic Ocean, situated on the northern bank of the Potomac river. The District of Columbia was named after President George Washington. "Columbia" in "District of Columbia" refers to Christopher Columbus. Famous attractions include: The White House,U.S. Capitol, Library of Congress, National Archives, Smithsonian Institutions and Arlington National Cemetery.

Name: Washington Visitors Center
Address: 1212 New York Ave NW
City: Washington, DC
Phone: (202) 789-7000

Time Zone Chart

Time zone chart

Time Zone Chart

<i>Location</i>	<i>Adjustment for GMT</i>
Pacific	-8
Mountain	-7
Central	-6
Eastern	-5
Greenwich (United Kingdom)	0
Central European (Germany)	1
East Asia (Japan)	9

Climate

The climate in the Washington D.C. area is generally temperate. Springtime is wonderful in the early stages of the season. Summers are moderately hot

and fairly humid. Spring, early summer and fall are the most comfortable times of the year. Snow often falls in January and February, but don't be surprised if you see snow in December.

Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	42.3	26.8	55-69%	R:2.72 S:6.2
February	45.9	29.1	52-69%	R:2.71 S:6.3
March	56.5	37.7	53-70%	R:3.17 S:1.6
April	66.7	46.4	51-69%	R:2.71
May	76.2	56.6	52-74%	R:3.66
June	84.7	66.5	53-76%	R:3.38
July	88.5	71.4	53-77%	R:3.80
August	86.9	70.0	55-80%	R:3.91
September	80.1	71.3	55-81%	R:3.31
October	69.1	50.3	53-79%	R:3.02
November	58.3	41.1	54-75%	R:3.12 S:1.0
December	47.0	31.7	56-72%	R:3.12 S:3.1*

Events Calendar

For more information on this subject:
Washington Visitors Center
<http://www.washington.org>

Northern Virginians need never lack for something to do. There is a wide range of entertainment possibilities from pro sports to community choirs. A sampling is Outdoor Theaters, Live Theaters, Arenas, Stadiums, Orchestras and Opera to name a few. The "Weekend" Section of the Washington Times and Washington Post are valuable sections to help you keep abreast of local area events. Call the USO located at Ft. Myer (703) 696-2551 for ticket information and availability.

Cultural Attractions

For more information on this subject:
Washington DC Convention & Visitors Association
<http://www.washington.org>

Cultural attractions in the Washington metropolitan area.

Name: FEDERAL BUREAU OF INVESTIGATION
Address: E St between 9th and 10th Streets, NW
City: Washington, DC
Phone: (202) 324-3447
Proximity to site: METRO: Metro Center or Federal Triangle

Name: FORD'S THEATER
Address: 511 10th Street NW
City: Washington, DC
Phone: (202) 347-4833
Proximity to site: Metro: Metro Center

Name: LIBRARY OF CONGRESS
Address: 10 First Street, S.E.,
City: Washington, DC
Phone: (202) 707-5458 (202) 707-6400 recorded message
Proximity to site: Metro: Orange/Blue Lines to South Capitol Stop.

Name: NATIONAL ARCHIVES
Address: Constitution Ave., N.W.,
City: Washington, DC
Phone: (202) 501-5402 (202) 532-3000 recorded message
Proximity to site: METRO: Yellow line to Archives Stop.

Name: NATIONAL THEATRE
Address: 1321 Pennsylvania Ave NW
City: Washington, DC
Phone: (202) 628-6161 info (800) 447-7400 Ticket sales
Proximity to site: METRO: Metro Center or Federal Triangle

Name: NATIONAL ZOO
Address: 3000 block of Conn. Ave NW
City: Washington, DC
Phone: (202) 673-4717

Name: SMITHSONIAN INSTITUTION BUILDING
Address: 100 Jefferson Drive, S.W.
City: Washington, DC
Phone: (202) 357-2700 (202) 357-2020 recorded message
Proximity to site: Metro: Smithsonian (Mall exit).

Name: THE JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS
Address: New Hampshire Ave at F Street, NW
City: Washington, DC
Phone: (202) 467-4600 (Information & instant charge)
Proximity to site: METRO: Foggy Bottom - GWU, then approximate 10 minute walk

Name: THE WHITE HOUSE
Address: 1600 Pennsylvania Avenue, NW
City: Washington, DC
Phone: (202) 456-7041, recording
Proximity to site: METRO: Farragut West, McPherson Square or Metro Center

Name: WASHINGTON CONVENTION and VISITORS ASSOCIATION
Address: 1455 Pennsylvania Ave NW
City: Washington, DC
Phone: (202) 789-7000
Proximity to site: METRO Center
Comments: Sightseeing brochures, maps and general information provided free of charge.

Name: WASHINGTON MONUMENT
Address: South on Constitution Ave NW between 15th & 17th St.
City: Washington, DC
Phone: (202) 426-6839/40
Proximity to site: METRO: Smithsonian or Federal Triangle

Name: WOLF TRAP FARM PARK FOR THE PERFORMING ARTS
Address: 1624 Trap Road
City: Vienna, VA
Phone: (703) 255-2900 Gen Info (703) 255-1868 Tickets
Proximity to site: METRO: West Falls Church (shuttle bus to center)

Recreation Opportunities

For more information on this subject:
Washington DC Convention & Visitors Association
<http://www.washington.org>

There are many recreational activities in the Washington Metropolitan area. Some are listed below.

Name: FORT MYER ACTIVITIES AND VISITORS CENTER
Address: Building 405
City: Ft Myer, VA 22211-1199
Phone: (703) 696-3469
Comments: Hours of operation are M,T,W & F 1400-2200 Th Closed Sat-Sun-1000-2100, Holidays 1000-2100, Thanksgiving, Christmas & New Years-1000-1800

Name: INFORMATION, TICKETING AND REGISTRATION
Address: Building 405
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3471

Name: ARTS AND CRAFTS SHOP
Address: Building 405
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3039

Name: AUTO CRAFTS
Address: Building 227
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3387
Comments: Hours of operation are W-F 1300-2100 and Sa-Su 0900-1700

Name: BOWLING CENTER
Address: Building 411
City: Fort Myer, VA 22211-1199
Phone: (703) 528-4767
Comments: Hours of operation are M-Th 1000-2300, F-Sa 1000-0100 Su 1200-1800

Name: FORT MYER FITNESS CENTER
Address: Bldg 414
City: Fort Myer, VA 22211-1199
Phone: (703) 696-7868

Name: LIBRARY
Address: Building 469
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3555
Comments: Hours of operation are M-Th 1100-2100, Sa 1000-1800

Military Related and Civic Organizations

These listings represent a sampling of the military related and civic organizations available. For assistance with locating additional services or targeting the specific organizations that best match your needs, please call the Relocation Assistance Program, (703)696-3510 or DSN 426-3510. See "Record Listing" below.

Name: AMERICAN ASSOCIATION OF RETIRED PERSONS
Address: 1600 Duke Street
City: Alexandria, VA
Phone: (703) 739-9220

Name: LEAGUE OF WOMEN VOTERS OF VIRGINIA
Address: 900 S. Washington Street
City: Falls Church, VA
Phone: (703) 237-1484

Shopping

For more information on this subject:
Washington DC Convention & Visitors Association
<http://www.washington.org>

SHOPPING MALLS: Fair Oaks, White Flint, Wheaton Plaza, Montgomery, Tyson's Corner, Springfield, Pentagon City and Potomac Mills Discount Mall.

CRAFT FAIRS: Washingtonians and their neighbors are most creative and artistic. Their wares make excellent gifts and purchases and can be found both in the District--at the annual Folk Life Festival on the Mall--and throughout the countryside--Thurmont, Frederick, Colvin Run Mill, Annapolis, Alexandria, St. Mary's, and St. Michael's, Manassas, and Middletown. There are also local, county, and state fairs.

State and Community Social Service Agencies

There are many state and community social service agencies in the area, please consult "Record Listing" below for phone numbers and addresses.

Name: ARLINGTON COUNTY DEPARTMENT OF SOCIAL SERVICES
Address: 805 S. Walter Reed Drive
City: Arlington, VA 22204
Phone: (703) 358-5620

Name: FAIRFAX COUNTY DEPARTMENT OF SOCIAL SERVICES
Address: 12011 Government Center Parkway
City: Fairfax, VA 22035
Phone: (703) 246-7500

Name: FALLS CHURCH WIC OFFICE
Address: 7115 Leesburg Pike
City: Falls Church, VA 22043
Phone: (703) 534-8343

Name: ARLINGTON COUNTY HEALTH DEPARTMENT
Address: 800 S. Walter Reed Drive
City: Arlington, VA
Phone: (703) 358-5660

Name: FAIRFAX COUNTY HEALTH DEPARTMENT
Address: 1850 Cameron Drive
City: Reston, VA
Phone: (703) 481-4242

Name: LOUDOUN COUNTY HEALTH DEPARTMENT
Address: 102 Heritage Way, NE Suite 200
City: Leesburg, VA 22075
Phone: (703) 777-0353

Name: MANASSAS CITY HEALTH DEPARTMENT
Address: 9301 Lee Avenue
City: Manassas, VA
Phone: (703) 335-6304

Name: PRINCE WILLIAM COUNTY DEPARTMENT OF SOCIAL SERVICES
Address: 14627 Jefferson Davis Highway
City: Woodbridge, VA 22191
Phone: (703) 491-5149

Name: SPRINGFIELD WIC OFFICE
Address: 5700 Hanover Street
City: Springfield, VA 22150
Phone: (703) 569-1031

Name: WOODBRIDGE CITY HEALTH DEPARTMENT
Address: 15950 Cardinal Drive
City: Woodbridge, VA
Phone: (703) 335-7319

Non-Profit Social Service Agencies

The listings below represent a sampling of the Non-Profit Social Service Agencies in our area. For assistance with locating additional services, please contact the Information and Referral Program at Army Community Service, (703) 696-3510 or DSN 426-3510 for additional information.

Name: PARENTING PROGRAM-DC HOTLINE
POC: Lin Lawson, M.A. Clinical Director
Address: 1400 20th St., NW, #107
City: Washington, DC 20036
Phone: (202) 223-0020
Comments: Hours of operation are 0930-1730. Parenting education, workshops and support groups. Emergency services available through referral directory.

Name: FAMILY EDUCATION NETWORK
POC: Carol Flewelling, President
Address: PO Box 318
City: Brandywine, MD 20613
Phone: (301) 888-1020
Comments: Parenting and couples classes.

Name: WOMEN'S PLACE, PRINCE WILLIAM HOSPITAL
POC: Brenda Ifert, Coordinator
Address: 8680 Hospital Way
City: Manassas, VA 22110
Phone: (703) 368-8464
Comments: Hours of operation are 0800-1700, evening appointments for groups. Intensive out-patient treatment for women needing counseling in the areas of sexual abuse, domestic violence, anxiety, relationships. Emergency services in crisis counseling and medical treatment.

Name: MENTAL HEALTH ASSOC. OF NORTHERN VA
Address: 7630 Little River Turnpike, suite 206
City: Annandale, VA 22003
Phone: (703) 642-0800
Comments: Hours of operation M-F 0900-1700 . Self help clearinghouse, information & referral, psycho-social program of intervention and prevention. Directory of support groups in Metropolitan Washington.

Name: JEWISH SOCIAL SERVICE AGENCY
Address: 22 Montgomery Village Avenue
City: Gaithersburg, MD 20879
Phone: (301) 990-6880
Comments: Hours of operation are M-F 0900-1700. Seminars, workshops, support groups. Services for disabled persons, resettlement, health and hospice care, education, counseling, volunteers.

Name: CENTER for CHILDREN, INC.
POC: Catherine Meyers, Executive Director
Address: 593 Jefferson Street
City: Leonardtown, MD 20650
Phone: (301) 884-0767
Comments: Hours of operation are M-W 0830-2000, Th 1400-1900, alternating Sa 0900-1400. Crisis intervention, recovery treatment, assessment and evaluations, treatment, advocacy, community education-all services geared toward abused children.

Religious Activities

The Fort Myer Army Chaplain and staff volunteers extend a most cordial invitation to every member of the Fort Myer community to share spiritual benefits and activities. There are also, numerous churches representing all denominations located throughout the Washington area.

Name: FORT MYER POST CHAPEL
Address: Building 335
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3128
Comments: Services: Catholic Mass, Samoan Service, Episcopal and Gospel Services

Name: FORT MYER MEMORIAL CHAPEL
Address: Building 480
City: Fort Myer, VA
Phone: (703) 696-3532
Comments: Services: Protestant Service, Catholic Mass, Catholic Daily Mass

Name: FORT MCNAIR POST CHAPEL
Address: Building 47
City: Fort McNair, VA
Phone: (202) 475-0708

Community Transportation

There are many ways of arriving and getting around in the greater metropolitan area. Listed below are a few major areas of transportation.

Name: RONALD REAGAN NATIONAL AIRPORT
City: Crystal City, VA
Phone: (703) 419-8000
Proximity to site: 7 miles
Comments: Accessible by Metrorail

Name: DULLES INT. AIRPORT
City: Fairfax Co, VA
Phone: (703) 661-2700
Proximity to site: 15 miles

Name: BALT/WASH INT. AIRPORT
City: Baltimore, MD
Phone: (410) 859-7111
Proximity to site: 30 miles

Name: AMTRACK
Address: Union Station, 1st St. and Massachusetts Ave.
City: Washington, DC
Phone: 1-800-USA-RAIL/(202) 484-7540
Comments: Provides rail service from Washington to many east coast and mid western cities.

Name: METRORAIL (METRO)
Address: 600 5th Street
City: Washington, DC 20001
Phone: (202) 637-7000
Comments: Metrorail offers five major lines: Orange, Blue, Red, Yellow and Green. These radiate out from downtown Washington to Virginia and Maryland. Farecards are used instead of cash or tokens and each passenger must present his own farecard. Farecards are purchased from self-service vending machines in each station. Fares vary from \$1 to \$3.15 during rush hours (0530-0930 and 1500-1900) and from \$1 to \$2 during off-peak hours. If your journey requires you to travel by both Metrorail and Metrobus, transfer tickets are available at each metro station. You must obtain the transfer at your point of entry before you board the metrorail. Transfers are not available from metrobus to metrorail.

Name: METROBUS
Address: 600 5th Street
City: Washington, DC 20001
Phone: (202) 637-7000 (DC & Maryland)
Comments: Metrobus varies from \$1.65 to \$1.90 during rush hours in DC and Maryland and from \$2.00 and up (depending on how far you go) from DC to Virginia. You must have exact change, bus driver does not make change. There is now a Metro bus which runs between Ballston Metro Station and the Pentagon Metro Station and picks up at several different locations on Ft Myer.

Name: DASH
Phone: (703) 370-DASH
Comments: The city of Alexandria has DASH Bus Service, which services the metro stops in the city and the Pentagon. Fare is .75 anywhere except to the Pentagon, which is \$1. Monthly passes are \$25. Pentagon passes are \$35.

Name: TAXI SERVICE
Phone: see numbers below
Comments: DIAMOND CAB COMPANY..... : (202) 387-6200 YELLOW CAB COMPANY..... : (202) 544-1212 CAPITOL CAB ASSOCIATION..... : (202) 546-2400

Education

Education Overview

For more information on this subject:
Northern Virginia Schools
<http://www.northernva.com/school.html>

There are many school systems in the surrounding area. If you live on Fort Myer your children will attend Arlington County Schools. Many families choose to live in Fairfax County. The information contained in SITES will be in reference to Fairfax County. Also see the MUST KNOW section for more school information.

ACCREDITATION. All schools are accredited by the Virginia Board of Education. All middle and high schools are accredited by the Southern Assn. of Colleges and Schools. There are a total of 234 schools in Fairfax County, 132 K-6, 21 grades 6-8, 3 grades 7-12, and 20 High schools grades 9-12.

TRANSPORTATION. The school system owns and operates one the the nation's largest school bus fleets, consisting of more than 1,300 buses that transport over 104,000 students to and from school each day. Bus transportation is provided for: elementary school students who live more than one mile from school; middle and high school students who live more than one and one-half miles away; students who would have to walk on hazardous routes, and certain special education students. For specific pupil transportation situations, call (703) 329-3600.

FOOD AND NUTRITION SERVICES. A variety of nutritious breakfasts, lunches, and a la carte are available each day in every school. Parents may purchase breakfast and lunch for their children by the month, week, or day. Free and reduced-price lunches are available to students unable to pay the full price of meals according to criteria based on family size and income.

CONTINUING EDUCATION. One of the bright spots on your tour of duty while in the Washington area is the opportunity for continuing education. Many area schools are among the best community colleges, colleges, and graduate schools in the country, and many draw significant numbers of their students from the active-duty military population. Outstanding on-post education centers, supported by exceptional libraries, both on and off post will help you prepare and realize your personal continuing education goals.

ARLINGTON COUNTY PUBLIC SCHOOL CALENDAR 2002-2003 HIGHLIGHTS

First day of school: September 3, 2002.

Winter break: December 21, 2001-January 1, 2003, with classes beginning on January 2, 2003.

Spring break: April 1-18 2003, with classes beginning April 21, 2003.

Last day of classes for elementary and middle school students: June 19 & 20 2003.

Last day of classes for high school students: June 18, 2003.

High school graduation: June 19, 2003.

2002 - 2003 School Calendar

August 2002

26 Teacher Planning Day

27-28 Teacher In-service

29-30 Teacher Planning Day

September 2002

2 Holiday Labor Day (Schools Closed)

3 First Day of School Tuesday

4 Elementary Early Release

6 Orientation for Second Language Families New to Arlington Clarendon Education Center, 7 p.m.
 11 Elementary Early Release
 18 Elementary Back-to-School Night
 25 Elementary Early Release School Based In-service
 19 Middle School Back-to-School Night
 October 2002
 2 Elementary Early Release
 3 High School Back-To-School Night
 3 Middle and High School Early Release
 14 Holiday Columbus Day (Schools Closed)
 16 Elementary Early Release Elementary Countywide In-service
 16 College Fair at Ballston Common Mall, 7 p.m.
 16 Elementary Early Release, Preparation for Conferences
 16 Middle School Parent-Teacher-Conference No school for middle school students
 10-11 Elementary Parent-Teacher Conference No school for elementary students
 28 High School Information Night at Washington-Lee High School, 7 p.m.
 Middle school students/parents overview of high schools, alternative programs and procedures
 23 Elementary Early Release
 30 Elementary Early Release
 November 2002
 4-17 Jan. 18* Timeframe for applying for transfers to any secondary school and to H.B. Woodlawn.*First Monday in November (the 5th) through the third Friday in January (the 18th).
 6 Elementary Early Release School Based In-service
 11 Holiday Veterans Day (Schools Closed)
 12 Middle & High Schools Work Day No School for Middle & High Schools
 13 Elementary Early Release
 4 Middle School Information Night at Washington Lee High, 7 p.m.
 Elementary school students/parents overview of middle schools, alternative programs and procedures
 22-29 Holiday Thanksgiving (Schools Closed)
 December 2002
 4 Elementary Early Release
 5 High School Early Release
 11 Elementary Early Release Elementary Countywide In-service
 18 Elementary Early Release
 20 Winter Vacation begins at the end of the school day
 January 2003
 2 Schools reopen after winter vacation
 8 Elementary Early Release Elementary Countywide In-service
 15 Elementary Early Release

17* Last day of the application period for transfers to secondary schools or to H.B. Woodlawn.
 20 Holiday Martin Luther King, Jr. Birthday (Schools Closed)
 22 Elementary Early Release
 27 Middle and High School Work Day - No School for Middle and High Schools
 27 Kindergarten Information Night at Gunston, 7 p.m.
 29 Elementary Early Release, Preparation for Report Cards
 February 2003
 3-21 April 15* Timeframe for applying for transfers to any elementary school or elementary program.
 3 Snow date Kindergarten Information Night at Gunston, 7 p.m.
 5 Elementary Early Release
 13 High School Early Release
 12 Elementary Early Release School Based In-service
 17 Holiday Washington's Birthday (Schools Closed)
 19 Elementary Early Release
 26 Elementary Early Release
 28 Summer Activities Fair at Jefferson Middle School, Gymnasium at 6: 00 p.m.
 March 2003
 5 Elementary Early Release, Teacher Preparation for Conferences and Report Cards
 6-7 Elementary Parent-Teacher Conferences No School for Elementary Students
 14 Orientation for Summer School at Clarendon Education Center, 7 p.m.
 12 Elementary Early Release Elementary Countywide in-service
 19 Elementary Early Release
 27 Middle and High School Early Release
 27-29 Spanish Language Book Fair at Key Elementary School, 3: 30 8 p.m.
 27 Middle School Work Day no school for middle school students
 28 Teacher Work Day
 April 2003
 9 Elementary Early Release Elementary Countywide In-service
 14-18 Spring Break
 21* Last day of the application period for transfers to any elementary school or elementary program.
 23 Elementary Early Release
 30 Elementary Early Release
 May 2003
 7 Elementary Early Release
 14 Elementary Early Release
 21 Elementary Early Release
 26 Holiday - Memorial Day (Schools Closed)
 28 Elementary Early Release
 June 2003

4 Elementary Early Release
 11 Elementary Early Release, Teacher Preparation
 for Conferences and Report Cards
 18 Last Day for High School students
 19 Elementary and Middle Early Release V Make
 up day for High School
 19 High School Graduation
 19, 20, 23 Make up day for High School
 20 Last Day of School for Elementary & Middle
 School Students Early Release, High School Work
 Day
 23, 24, 25 Elementary School Make-up Day (if
 needed)
 20, 23, 24 Middle School Make-up Days, (if
 needed)
 30 First Day of Summer School
 July 2003
 4 Holiday Fourth of July (Schools Closed)
 August 2003
 1 Last Day of Summer School for Elementary and
 Middle School Students
 13 Last Day of Summer School for High School
 Students

For more detailed information, visit the Arlington
County Public Schools web site, call the School
Information Center at (703) 228-7660.

HIGH SCHOOL GRADUATION REQUIREMENTS OVERVIEW

Arlington County Public Schools offers two types of
diplomas Xthe Standard and the Advanced Studies.
Please note that the requirements for the Classes of
2002 and 2003 differ from the requirements for the
Class of 2004. Also, Washington-Lee High School
offers the International Baccalaureate. For more
information on the IB Diploma, call (703) 228-6233
or (703) 228-6200.

HIGH SCHOOL GRADUATION REQUIREMENTS

Class of 2002 and Class of 2003
 (for graduation purposes, student groups are defined
 by their first year
 in grade nine, i.e., 1998 and 1999)
 Discipline Area Standard Diploma
 Credits Advanced Studies Diploma
 Credits
 English 4 4
 Mathematics 3
 (courses must be at or above the level of Algebra I) 4
 (courses must be at or above
 or above the level the level of Algebra I)
 Laboratory Science 3* 4**
 History and Social Sciences 3*** 4****
 Foreign Language 0 3

(3 years of one language or
 2 years each of two languages)

Health and Physical Education 2 2
 Fine Arts or Practical Arts 1 1
 Electives 6 2
 TOTALS 22 24/25

* Courses completed must include offerings from at
least two different science disciplines: Earth Space,
Biology, Chemistry, or Physics.

** Courses completed must include offering from at
least three different science disciplines: Earth Space,
Biology, Chemistry, or Physics.

*** Courses completed must include U.S. and
Virginia History, U.S. and Virginia Government and
one World History/Geography course.

**** Courses completed must include U.S. and
Virginia History, U.S. and Virginia Government and
two World History/Geography courses or one World
History/Geography and Advanced Placement
European History.

PLEASE NOTE: When students below the 9th grade
successfully complete courses offered for credit in
grades 9-12, credit shall be counted toward meeting
the standard units required for graduation provided
the courses meet SOL requirements or are equivalent
in content and academic rigor as those courses
offered at the secondary level, or verified units
provided students achieve a passing score on end of
course SOL tests. (See below for definition of
verified credits.)

HIGH SCHOOL GRADUATION REQUIREMENTS Class of 2004

Discipline	Area	Standard	Diploma	Advanced Studies Diploma
	Credits	# of Verified	Credits	# of Verified
English	4	2	4	2
Mathematics	3			
	(courses must be at or			
	above the level of Algebra I)	1	4	
	(courses must be at or			
	above the level of Algebra I)	2		
Laboratory Science	3*	1	4**	2
History and Social Sciences	3***	1	4****	2
Foreign Language	0			
	3			
	(3 years of one language or			
	2 years of each of			
	2 languages.)			
Health and Physical Education	2		2	

Fine Arts or Practical Arts 1 1
 Electives 6 2
 Additional Verified Credit in
 Mathematics, Laboratory
 Science, or History and Social Sciences 1
 (student selected) 1
 (student selected)
 TOTALS 22 6 24/25 9

* Courses completed must include offerings from at least two different science disciplines: Earth Space, Biology, Chemistry, or Physics.

** Courses completed must include offering from at least three different science disciplines: Earth Space, Biology, Chemistry, or Physics.

*** Courses completed must include U.S. and Virginia History, US and Virginia Government and one World History/Geography course.

**** Courses completed must include US and Virginia History, US and Virginia Government and two World History/Geography courses or one World History/Geography and Advanced Placement European History.

VERIFIED CREDITS signify that the student has passed the end-of-course Standards of Learning test administered for the required course. Standards of Learning end-of-course tests are given for Algebra I, Geometry, Algebra II, Earth-Space Science, Biology, Chemistry, World History/Geography Part I, World History/Geography Part II, and United States and Virginia History.

REGISTRATION REQUIREMENTS

Birth certificate of the child
 Social Security Card if available
 Proof of Arlington residence (rental lease, real estate contract, mortgage agreement or deed)
 Immunization records
 Physical exam within 12 months of starting school.
 The form is available through schools or the School Information Center, (703) 228-7660, and the School Health Office, (703) 228-1650.
 Written results of a TB test conducted within the last 12 months
 Former report card, if applicable

REMEMBER: Your child must be 5 years of age by September 30 to start school in September.

If your child is of age and you have all of your paperwork ready, you may register your child for school.

If you are a native speaker of English, please register your child at your child's school.

If you speak a language other than English in your home, please register your child through the Intake Center. Call the Intake Center for an appointment at 703/228-7663.

EXTENDED DAY SERVICES

The Extended Day Program runs from 7 a.m. to the start of school and then again after school to 6 p.m. Fees are based on a sliding scale. For additional information, visit the Extended Day Program section of the Arlington County Public Schools web site.

REFER TO THE EDUCATION CATEGORY FOR MORE IN DEPTH INFORMATION.

EDUCATION CATEGORY

K-12 Schools Overview

School-age children living on Fort Myer attend Arlington County Public Schools. The Arlington Public Schools serves the citizens of Arlington, Virginia's geographically smallest county, located across the Potomac River from the District of Columbia. The school system educates one of the nation's most diverse and sophisticated student populations - our 18,500 students come from around the world and speak 70 different languages.

The school system operates more than 30 schools and programs. (It has three high schools, six middle schools and 21 elementary schools.) Arlington County Public Schools is accredited by the Southern Association of Colleges and Schools.

Academic standards are high in the Arlington Schools. Students consistently score well above state and national averages on standardized tests, including the SAT, which is taken by 82 percent of Arlington high school seniors as compared to 43 percent nationally. The Arlington average for combined verbal and math SAT scores in 1997-1998 was 1,048. The average for the State of Virginia was 1,006 and the national average was 1,017. Each year a notable number of students are named National Merit Scholarship Semifinalists. The high school graduation rate is 93 percent. Last year, 88 percent of graduates went on to post secondary education.

Arlington is located close to the nation's capital with its vast variety of cultural offerings. It is a county in which 52 percent of residents are college graduates and 24 percent hold advanced degrees.

Bus Service

Free school bus transportation is provided to and from school for students living beyond a 1 mile walking distance from elementary schools and a 1.5 mile walking distance from middle and high schools. Over 40 percent of our students ride buses to school. For more information about school bus routes and bus stops, call the Transportation Department at (703) 228-6640 or go to transportation on the county web site.

Meals Program

The Arlington Public Schools 2002-2003 policy for providing free and reduced price meals for children served under the National School Lunch, and/or Breakfast Programs is based on family income and household size.

Pre-Schools

The Arlington Public Schools operates a Montessori Pre-school Program which requires that children be 3-years-old by the end of September and have parent/guardians who reside in Arlington. Tuition for 3- and 4-year-olds is based on family income. There is no charge for children who continue the program once they enter kindergarten. The program follows the school calendar and operates Monday through Friday. McKinley Elementary, Hoffman-Boston School and Key Elementary offer half-day programs. Claremont Early Childhood Center and Drew Model School provide full-day programs. In addition to its preschool Montessori program, Drew Model School also has an elementary Montessori program.

For additional information, contact the schools directly or call the Early Childhood Education Office at (703) 228-6152.

ADULT EDUCATION

Arlington County Public Schools offers a wide variety of adult education programs. These include: G.E.D./Adult Basic Education/External Diploma Program, Arlington Education and Employment Program (REEP) and English as a Second Language. For more information, call (703) 228-7200. In addition, there are numerous renowned community colleges, colleges and universities in the metropolitan area which offer an impressive range of degrees and certificates. For more information, contact the Ft. Myer Education Center at (703) 696-3070.

****Use info already listed on Arl. Cnty Public Schools, Ed Center and School Liaison Officer from SITES pages 15 and 16

DEPARTMENT of DEFENSE EDUCATION ACTIVITY (DoDEA)

DoDEA includes DDESS (schools in the US, Puerto Rico, Guam and Cuba) and DoDDS (schools in Europe and the Pacific regions). For detailed information on DoDEA, visit their website.

PUBLIC SCHOOLS

There are nine major K-12 public school systems and numerous parochial and private schools in the Washington DC metropolitan area. Fort Myer is served by one of the primary districts, Arlington Public Schools.

Arlington County Public Schools

Arlington County Public Schools enrollment for school year: Projected enrollment for 2001 is approximately 19,259 students.

The pupil-teacher staffing ratio varies. Contact the specific school for current statistics.

Achievement test scores: Visit the School Report Card section of specific schools on the Arlington County Public Schools web site.

Percentage of college-bound high school students: 88% (1999)

Grading System

Arlington Public Schools uses the following guidelines in reporting to parents.

Kindergarten

Written progress reports are issued at mid-year and at the end of the school year. Conferences also may be scheduled at other times as needed.

The marking code for academic areas is:

P - Making expected progress

T - Child needs more time

Grades 1-5

In grades 1-5, four written reports are scheduled at approximately nine-week intervals. Standard report cards issued by elementary schools use the following academic area grades:

Grades 1-2

P - Making expected progress

N - Not making expected progress

Grades 3-5

A - Excellent achievement

B - Above average achievement

C - Average achievement

D - Below average achievement - passing

E - Failing

Some elementary schools may use an alternative report card.

Middle School (grades 6-8) and High School (grades 9-12)

Report cards are issued at the middle and high schools four times a year on a nine-week basis. The marking system is based on letter grades with the following explanation of each grade.

- A - Excellent achievement
- B - Above average achievement
- C - Average achievement
- D - Below average achievement - passing
- E - Failure - unacceptable achievement

In addition teachers use the following system to indicate work habits (middle school) and effort (high school):

- O - Outstanding
- S - Satisfactory
- U - Unsatisfactory

Extra-Curricular Activities

Arlington Public Schools offers a variety of extracurricular activities for its students. They include honor societies, literary activities, interscholastic athletics, intramurals, student support groups, drama groups, forensics, musical groups and activities, service clubs and organizations, special interest clubs, vocational organizations and a host of additional opportunities.

Summer School

Regular summer school dates are 30 June X1 August 2003. There are a variety of other summer school programs which have different dates. Call the Summer School Office at (703) 228-7645.

PRIVATE SCHOOLS

Catholic Schools: (Arlington diocese in Arlington, VA)

Lutheran schools: (Evangelical Lutheran church)

Home Schools: (Home Schooling Central)

Name: Arlington County Schools
WWW Link: http://www.arlington.k12.va.us
Comments: If you live on Fort Myer your children will attend Arlington County Schools.

Name: Catholic Schools
WWW Link: http://www.catholicherald.com/

Name: Department of Defense Education Activity
WWW Link: http://www.odedodea.edu

Name: EDUCATION OFFICE
Address: Building 219
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3070
Comments: Hours of operation are 0730-1600 Monday-Friday (Ed Counselors) 0800-2200 Monday-Friday (Learning Center)

Name: Fort Myer School Liaison Program, ACS
Address: 201 Custer Rd.
City: Fort Myer, VA 22211
Phone: (703) 696-0766
DSN Phone: 426-0766
E-Mail: padgett@fmmc.army.mil
Comments: Contact the Fort Myer Military Community School Liaison Officer for information on local K-12 schools, parental involvement in schools, helping children achieve academic success, special programs/needs, and the Partners In Education Program (PIE).

Name: George Mason University
Address: 4400 University Drive
City: Fairfax, VA 22030-4444
Phone: 703-993-1000
WWW Link: http://www.gmu.edu

Name: George Washington University
WWW Link: http://www.gwu.edu

Name: Georgetown University
WWW Link: http://www.georgetown.edu

Name: Home Schools
WWW Link: http://www.homeschoolcentral.com

Name: Lutheran Schools
WWW Link: http://www.elca.org

Public and DODDS Schools

For more information on this subject:

DODDS Schools

<http://www.odedodea.edu>

There are nine major public school systems, and many non-public religious and private schools in the Washington area with kindergartens and grades 1 through 12. One of the primary school districts used by military families is Fairfax County. In Fairfax, enrollment for school year 99-00 is approx 151,993. The PUPIL-TEACHER STAFFING RATIOS for

Fairfax County are: Kindergarten max class size is 28 (with instructional assistant) Grades 1-3, 24.5 to 1; Grades 4-6, 26.5 to 1; Grades 7-8, 27 to 1; Grades 9-12, 28 to 1. Ninety-two percent of the 1998 high school graduates went on to some form of postsecondary education. One hundred seventy-nine seniors were selected as semifinalists in the 1999 National Merit Scholarship program. Eighty-five percent took the SAT in 1998, with an average score of 1095. This far exceeds the participation rates of nearby counties, as well as the average scores of 1006 in Virginia and 1017 in the nation. GRADING SYSTEM. Fairfax County Public School uses the following grading system: A=94-100, B+=90-93, B=84-89, C+=80-83, C=74-79, D+=70-73, D=64-69, F=Below 64. GIFTED and TALENTED programs are available for gifted and talented students, kindergarten through grade 12. School-based programs for identified students are located at each school, grades K-12. Full-time center programs for the highly academically gifted are located at selected elementary and middle schools, grades 3-8. For further information call (703)876-5272. Fairfax County Public Schools offer STUDENT ACTIVITIES opportunities at the secondary level for growth and enrichment through athletics, student government, performing groups, publications, honor societies, and special interest groups. SUMMER SCHOOL programs are offered for students in grades K-12 at selected sites, include: camps and institutes, community education courses, elementary and middle school integrated learning programs. English as a second language, high school courses for new or repeat credit, and special education programs. For more information call 703-227-2253.

Name: ALEXANDRIA CITY SCHOOLS
Address: 3801 W. Braddock Road
City: Alexandria, VA 22302
Phone: (703) 824-6635
WWW Link: http://www.acps.k12.va.us

Name: ARLINGTON COUNTY SCHOOL SYSTEM
Address: 1426 N. Quincy Street
City: Arlington, VA 22207
Phone: (703) 558-2838
WWW Link: http://www.arlington.k12.va.us

Name: CHARLES COUNTY SCHOOL SYSTEM
Address: PO BOX D
City: La Plata, MD 20646
Phone: (301) 932-6610 or (301) 870-3814
WWW Link: http://www.ccboe.com

Name: DISTRICT OF COLUMBIA SCHOOLS
Address: 415 12th Street N.W.,
City: Washington, DC 20004
WWW Link: http://www.k12.dc.us

Name: FAIRFAX COUNTY SCHOOL SYSTEM
Address: 10700 Page Avenue, Burkholders Center
City: Fairfax, VA 22102
Phone: (703) 246-2991
WWW Link: http://www.fccps.k12.va.us

Name: LOUDOUN COUNTY SCHOOL SYSTEM
Address: 102 North Street
City: Leesburg, VA 22075
Phone: (703) 771-6545

Name: MONTGOMERY COUNTY SCHOOL SYSTEM
Address: 850 Hungerford Road
City: Rockville, MD 20850
Phone: (301) 279-3391
WWW Link: http://www.mcps.k12.md.us

Name: PRINCE GEORGE'S COUNTY SCHOOL SYSTEM
Address: 14201 School Lane
City: Upper Marlboro, MD 20772
Phone: (301) 952-6300
WWW Link: http://www.pgcps.org

Name: PRINCE WILLIAM COUNTY SCHOOL SYSTEM
Address: P.O. Box 389
City: Manassas, VA 22110
Phone: (703) 791-7200
WWW Link: http://www.pwcs.edu/index-textversion.htm

Private Schools

There are many Private Schools in the Washington D.C. Metro area. Contact the Association of Independent Schools of Greater Washington for a complete list of Private Schools in the Area.

Name: ASSOCIATION OF INDEPENDENT SCHOOLS
Address: P.O. Box 9956
City: Washington D.C. 20016
Phone: (202) 537-1114
E-Mail: aisgw@aol.com

Name: Private Schools in the Northern Virginia Area
POC: Century 21 South Lak
Phone: (800) 400-4166
WWW Link: http://www.northernva.com/c21/schools-private.html
Comments: This is a list of private schools, sorted by city, with city phone number, tuition, etc.. This information was compiled by Century 21 South Lakes, and obtained from various sources including the Washingtonian Magazine, local yellow pages and the private schools themselves.

Colleges and Universities

For more information on this subject:
THE DIGITAL CAMPUS
<http://www.linkmag.com>

Below are numbers that will assist you.

Name: NORTHERN VIRGINIA COMMUNITY COLLEGE
POC: College Administration
Address: 4001 Wakefield Chapel Road
City: Annandale, VA 22003-3796
Phone: (703) 323-3000
Tuition: \$35 per semester hour in state, \$142 per semester hour out of state
Comments: 5 campuses throughout Northern Virginia

Name: GEORGETOWN UNIVERSITY
Address: 37th and O St, NW
City: Washington, DC 20057
Phone: (202) 687-0100
Tuition: \$532 per semester hour

Name: GEORGE WASHINGTON UNIVERSITY
Address: 2121 I Street NW
City: Washington, DC 20052
Phone: (202) 994-1000
Tuition: \$350-445 per semester hour on campus/\$300 per semester hour off campus

Adult or Continuing Education

See the phone numbers below for additional information.

Name: ARMY EDUCATION CENTER
Address: Bldg. 219
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3070
Comments: Hours of operation are 0800-2230 Monday-Thursday/0800-1700 Friday

Name: HOFFMAN EDUCATION CENTER
Address: Hoffman II, Room 1N41, Stovall Street
City: Alexandria, VA

Name: PENTAGON EDUCATION CENTER
Address: Room 3C147, The Pentagon
City: Arlington, VA 20310
Phone: 703-614-4514
Comments: Hours of operation are 0730-1600 Monday-Thursday/0730-1200 Friday

Special Education

The area school systems complies with all federal and state special education laws. For assistance locating additional services available or targeting the special education services that best match your needs please contact Army Community Service The Exceptional Family Member Program Manager at (703) 696-3510/8457 or DSN 426-3510/8467.

The policies and procedures that govern the special education services that APS provides to eligible students are designed to meet the Federal and State mandates so that all students with disabilities of eligible age receive a free, appropriate public education in the least restrictive environment. For additional information and guidance, visit the special education section of the Arlington County Public Schools web site and contact the FMMC Exceptional Family Member Program manager, Marcia O'Connor, at (703) 696-3510 or o'connorm@fmmc.army.mil.

Name: EXCEPTIONAL FAMILY MEMBER PROGRAM
POC: Marcia O 'Connor, Manager
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
E-Mail: o'connorm@fmmc.army.mil

Name: EXCEPTIONAL FAMILY MEMBER PROGRAM
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510
DSN Phone: 426-3510
DSN FAX: (703) 696-0159
E-Mail: o'connorm@fmmc.army.mil

Employment

Employment Overview

The Employment Readiness Program (ERP) is specifically designed to enhance career, educational and volunteer opportunities for the active duty, retired and transitioning military, DOD personnel and the family members of all of the above. ERP is a vital part of Army Community Service, an organization committed to strengthening the military family.

EAP can provide you with free counseling and assistance in your job search. We will assess your job skills, recommend training, provide various workshops to enhance your knowledge, and lend you access to an employer resource file and job bank. EAP will provide you with important information regarding where to apply for local employment in your field, and answer questions you have regarding career, educational or volunteer opportunities.

TO PARTICIPATE IN ERP: 1. You may just walk in, but it is preferred that you make an appointment for your first visit. 2. Talk to the counselor regarding the type of career you would like to pursue, your level of skill and work history, the job search, etc. 3. Review the EAP job bank for available employment and/or educational opportunities. 4. Let the counselor know about positions that interest you so he/she can explain application procedures. 5. Find out where the various workshops and Job Fairs are being offered. 6. After you leave the EAP office and continue your job search, notify the counselor of any change of status or employment. Utilize EAP in conjunction with other One-Stop Employment Information Center services for future or continuing job search information and opportunities.

WORKSHOPS OFFERED: -Federal Application Form (SF-171) -Resume Writing -Interviewing Techniques -Dress for Success -Career Transitions -Job Fair preparation.

SERVICES OFFERED: -Computers with forms software, facsimile, microfiche and typewriters for in-house use -Inter-service job fairs are held quarterly -Up-to-date job bank of local opportunities and nationwide federal job bank -Personal assessments for resumes and job applications -Personal career guidance, assistance and counseling -Volunteer opportunities -Free informational brochures and booklets -Interactive computer program providing career and college information to Virginia.

Name: EMPLOYMENT ASSISTANCE PROGRAM
POC: Employment Assistance Program Manager
Address: 201 Custer Road
City: Ft Myer, VA 22211-1199
Phone: (703) 696-3047
FAX: (703) 696-0159
DSN Phone: 426-3047
DSN FAX: 426-0159

Federal Civilian Employment for Spouses

For more information on this subject:

FEDERAL JOB LISTING INDEX

<http://www.usajobs.opm.gov>

FEDERAL EMPLOYMENT INFO LINE: A computer-based system utilizing touch-screen technology. These kiosks, located throughout the nation, provide current federal worldwide job opportunities, on-line information and the ability to request application packages.

MARYLAND: Baltimore George H. Fallon Bldg Lombard Street & Hopkins Plaza, Lobby

VIRGINIA: Norfolk Federal Bldg, 200 Granby Street

WASHINGTON, DC Theodore Roosevelt Federal Bldg 1900 E. Street NW, Room 1416

Name: 1. Federal job announcement
E-Mail: INFO@FJOB.MAIL.OPM.GOV
Comments: Information about obtaining Federal Job announcement files via Internet mail should be directed to the address above

Name: 2. The Federal Job Opportunities Board
Comments: can be accessed through Internet via telnet : FTP.JOB.MAIL.OTM.GOV

Name: FORT MYER CIVILIAN PERSONNEL OFFICE
Address: Building 203
City: Fort Myer, VA 22211
Phone: (703) 696-3123/3122
Comments: Hours of operation are 0730-1600 M-F

Name: NON-APPROPRIATED FUNDS (NAF)
Address: Building 203
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3697
Comments: This includes work in such arenas as AAFES and the Commissary. To apply for positions at the Fort Myer Child Development Center a NAF application can be picked up at the Civilian Personnel Office Bldg. 203.

Name: OFFICE OF PERSONNEL MANAGEMENT (OPM)
Address: 1900 E. Street
City: Washington, DC 22207
Phone: (202) 606-2700 (24 Hour Jobline)

Permanent Employment Resources

The Employment Assistance Program at ACS provides information and other services to assist you in your job search and career development efforts.

Name: ALEXANDRIA CITY EMPLOYMENT RESOURCE CENTER
Address: 2525 Mount Vernon Aavenue
City: Alexandria, VA 22313
Phone: (703) 838-0934 (703) 838-4422 Jobline
Comments: Hours of Operation are 0900-1630 Monday-Friday. Personnel (703) 838-3500

Name: ARLINGTON CO. EMPLOYMENT CENTER
Address: 2050 15th Street, N Suite 117
City: Arlington, VA 22201
Phone: (703) 358-3500 (703) 358-3363 Jobline
Comments: Hours of operation 0800-1700 Monday-Friday

Name: ARMY CAREER AND ALUMNI PROGRAM/JOB ASSISTANCE CENTER
Address: Building 202, Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-8334
Comments: Hours of operation are 0700-1630 Monday thru Friday

Name: ARMY COMMUNITY SERVICE, EMPLOYMENT ASSISTANCE PROGRAM
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3047
FAX: (703) 696-0159
Comments: Hours of operation are: 0800-1630 M-F

Name: CITY OF FAIRFAX EMPLOYMENT CENTER
Address: 10455 Armstrong Street
City: Fairfax, VA 22030
Phone: (703) 385-1993
Comments: Hours of operation are 0830-1700 Monday thru Friday Jobline number is (703) 385-7861

Name: COMMONWEALTH OF VIRGINIA EMPLOYMENT COMMISSION (ALEXANDRIA)
Address: 5520 Cherokee Avenue
City: Alexandria, VA 22312
Phone: (703) 813-1300
Comments: Hours of operation are Monday thru Friday 0830-1630

Name: COMMONWEALTH OF VIRGINIA EMPLOYMENT COMMISSION (FAIRFAX)
Address: 13135 Lee Jackson Memorial Highway Suite 340
City: Fairfax, VA 22033
Phone: (703) 803-0000
Comments: Hours of operation are 0830-1630 Monday thru Friday

Name: DC DEPARTMENT OF EMPLOYMENT SERVICES
Address: 500 C Street
City: Washington, DC 20008
Phone: (202) 724-7000
Comments: Hours of operation are 0830-1700 Monday-Friday

Name: DISTRICT OF COLUMBIA PUBLIC SCHOOLS EMPLOYMENT OFFICE
Address: 415 12th Street NW
City: Washington, DC 20004
Phone: (202) 724-4080
Comments: Hours of operation are 0800-1700 Monday thru Friday

Name: FAIRFAX COUNTY PERSONNEL
Address: 12000 Government Center Parkway
City: Fairfax, VA 22035
Phone: (703) 222-5872 Jobline (703) 324-JOBS (5627)
Comments: Hours of operation are 0800-1630 Monday thru Friday

Name: FAIRFAX COUNTY PUBLIC SCHOOLS PERSONNEL SERVICES
Address: 6815 Edsall Road
City: Springfield, VA 22151
Phone: (703) 750-8400/8575
Comments: Hours of operation are 0800-1630 Monday thru Friday

Name: MONTGOMERY COUNTY PERSONNEL DEPARTMENT
Address: 101 Monroe Street
City: Rockville, MD 20850
Phone: (301) 217-2563
Comments: Hours of operation are 0800-1700 Monday thru Friday

Name: MONTGOMERY COUNTY PUBLIC SCHOOLS
Address: 850 Hungersford Drive
City: Rockville, MD 20850
Phone: (301) 279-3920
Comments: Hours of operation are 0800-1630 Monday thru Friday

Name: PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS
Address: 14201 School Lane
City: Upper Marlboro, MD 20772
Phone: (301) 952-6180
Comments: Hours of operation are 0800-1700 Monday thru Friday

Name: PRINCE WILLIAM COUNTY PUBLIC SCHOOLS EMPLOYMENT OFFICE
Address: P.O. Box 389
City: Manassas, VA 22110
Phone: (703) 791-2776
Comments: Hours of operation are 0800-1600 Monday thru Friday

Name: PRINCE WILLIAM PERSONNEL CENTER
Address: 4343 Ridgewood Center, Davis Ford Road
City: Woodbridge, VA 22193
Phone: (703) 792-4636 ext 332
Comments: Hours of operation are 0830-1700 Monday thru Friday

Name: SCHOOL SYSTEM- ALEXANDRIA CITY PUBLIC SCHOOLS
Address: 2000 N. Beauregard Street
City: Alexandria, VA 22311
Phone: (703) 824-6657
Comments: Hours of operation are 0800-1630 Monday thru Friday

Name: SCHOOL SYSTEM- ARLINGTON COUNTY PUBLIC SCHOOLS
Address: 1426 North Quincy Street
City: Arlington, VA 22207
Phone: (703) 358-6101/6115
Comments: Hours of operation are 0745-1630 Monday thru Friday

Name: TEACHER EMPLOYMENT SERVICE
Address: 9689A Main Street
City: Fairfax, VA 22110
Phone: (703) 791-2776
Comments: TPS collects dossiers on every applicant which consists of a group of professional references, transcripts of college work, our own application and a resume prepared by the applicant himself. Our counselors evaluate this material, code it and enter this into a computer base. As openings develop, the computer matches the requirements of those openings against the applicants in the database. Once it is determined to be a good match, we will contact you by letter or phone. If you are interested, we will submit your file to the employer and actively pursue your candidacy, seeking an interview for you with him. There is a fee for this service.

Temporary Employment Resources

Many family members in the area find employment with national temporary employment services. For assistance and a detailed list of temporary agencies in the area, contact ACS Employment Assistance (703) 696-3510 DSN 426-3510.

Non-Paid or Volunteer Opportunities

Many volunteer opportunities are available through the volunteer program. Positions are available for volunteers on the post and in the community. Free child care is available for many of the volunteers on the post. Contact the Installation Volunteer Program Coordinator at ACS. Information is provided in the "Record Listing" below.

Name: INSTALLATION VOLUNTEER COORDINATOR
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510/1229
Comments: Hours of operation are 0730-1600 Monday thru Friday

Chambers of Commerce

For more information on this subject:
Chambers of Commerce
<http://www.alexchamber.com/>

Another great source of information for the surrounding area are the Chambers of Commerce.

Name: ALEXANDRIA CHAMBER OF COMMERCE
Address: 801 N. Fairfax St., Suite 402,
City: Alexandria, VA 22314
Phone: (703) 549-1000

Name: ANNANDALE CHAMBER OF COMMERCE
Address: 7263 Maple Place, Suite 207
City: Annandale, VA 22003
Phone: (703) 256-7232

Name: ARLINGTON COUNTY CHAMBER OF COMMERCE
Address: 2009 14th Street North
City: Arlington, VA 22314
Phone: (703) 525-2400

Name: FAIRFAX CITY CHAMBER OF COMMERCE
Address: 3975 University Drive, Suite 350
City: Fairfax, VA 22030
Phone: (703) 591-5998/2450

Name: FALLS CHURCH CHAMBER OF COMMERCE
Address: 417 W. Broad Street, Box 491
City: Falls Church, VA 22040
Phone: (703) 532-1050

Name: SPRINGFIELD CHAMBER OF COMMERCE
Address: P.O. Box 823
City: Springfield, VA 22150
Phone: (703) 912-4988

Name: VIENNA CHAMBER OF COMMERCE
Address: 513 Maple Avenue West, 2nd Floor,
City: Vienna, VA 22180
Phone: (703) 281-1333/242-1482

Name: RESTON CHAMBER OF COMMERCE
Address: 1820 Discovery Street, Suite 300
City: Reston, VA 22090
Phone: (703) 707-9045

Name: DC CHAMBER OF COMMERCE
Address: 1301 Pennsylvania Avenue, N.W., Suite 309,
City: Washington, DC 20004
Phone: (202) 347-7201

Name: FAIRFAX COUNTY CHAMBER OF COMMERCE
Address: 8300 Boone Boulevard
City: Vienna, VA 22182
Phone: 703-790-0600

Name: DISTRICT OF COLUMBIA CHAMBER OF COMMERCE
Address: 1301 Pennsylvania Ave. NW #309
City: Washington, DC 20004
Phone: 202 347-7201
FAX: 202-347-3537

Name: BETHESDA/CHEVY CHASE CHAMBER OF COMMERCE
Address: 7910 Woodmont Ave, Suite 1204
City: Bethesda, MD 20814
Phone: (301) 652-4900

Name: CHAMBER OF COMMERCE OF GAITHERSBURG & UPPER MONTGOMERY COUNTY
Address: 9 Park Avenue
City: Gaithersburg, MD 20877
Phone: (301) 840-1400

Name: CHAMBER OF COMMERCE OF MONTGOMERY COUNTY
Address: 101 Monroe Street #1500
City: Rockville, MD 20850
Phone: (301) 217-2345
FAX: 301-217-2045

Name: CHAMBER OF COMMERCE OF PRINCE GEORGE'S COUNTY
Address: 9200 Basil Court #200
City: Largo, MD 20774-5309
Phone: (301) 386-5600

Name: CHAMBER OF COMMERCE ROCKVILLE
Address: 600 East Jefferson Street
City: Rockville, MD 20852
Phone: (301) 424-9300

Private Sector Employment

Below are numbers that may assist you in your employment search.

Name: DC BOARD OF NURSING
Address: 614 H. Street NW
City: Washington, DC
Phone: (202) 727-7454/55/56

Name: VIRGINIA BOARD OF SOCIAL WORK
Address: 1601 Rolling Hill Drive
City: Richmond, VA 23219
Phone: (804) 662-9914

Name: MARYLAND BOARD OF SOCIAL WORK
Address: 4201 Patterson Avenue
City: Baltimore, MD 21215
Phone: (410)764-4788

Name: DC BOARD OF SOCIAL WORK
Address: 614 H Street NW
City: Washington, DC
Phone: (202) 727-7454/55/56

Government Employment

For more information on this subject:
GOVERNMENT JOBS
<http://www.usajobs.opm.gov>

See numbers below

Name: OFFICE OF PERSONNEL MANAGEMENT
City: Alexandria, VA
Phone: (703) 606-2700 (recording)

Professional or Occupational Licensing

The phone numbers below represents a sampling of professional and occupational licensing agencies in the area.

Name: VIRGINIA BOARD OF NURSING
Address: 6606 West Broad Street 4th Floor,
City: Richmond, VA 23230
Phone: (804) 662-9909

Name: MARYLAND BOARD OF NURSING
Address: 4201 Patterson Avenue
City: Baltimore, MD 21215
Phone: (301) 764-4747

Name: D.C. BOARD OF NURSING
Address: 614 H. Street N.W.
City: Washington, DC
Phone: (202) 727-7454/55/56

Name: VIRGINIA BOARD OF SOCIAL WORK
Address: 1601 Rolling Hill Drive
City: Richmond, VA 23219
Phone: (804) 662-9914

Name: MARYLAND BOARD OF SOCIAL WORK
Address: 4201 Patterson Avenue
City: Baltimore, MD 21215
Phone: (410) 764-4788

Name: D.C. BOARD OF SOCIAL WORK
Address: 614 H Street, N.W.
City: Washington, DC
Phone: (202) 727-7454/55/56

Networking Opportunities

For more information on this subject:

MILITARY SPOUSES' CAREER NETWORK

<http://www.mscn.org/>

The following centers offer seminars, classes, and workshops to assist women to fulfill personal goals. See numbers below.

Name: MILITARY SPOUSE BUSINESS & PROFESSIONAL ASSOCIATION
POC: Patti Wells
City: Ft Myer, VA 22211-1199
Phone: (703) 696-3047
Comments: The mission of the MSBPA is to provide support and opportunities that empower military spouses in their pursuit of professional and personal development, and to increase public awareness of military spouses' professional abilities. Meets bi-monthly at the Fort Myer Community Center.

Name: THE FAIRFAX COUNTY OFFICE FOR WOMEN
Address: 12000 Government Center Parkway, Suite 318
City: Fairfax, VA 22035
Phone: (703) 324-5730

Name: THE WOMEN'S CENTER
Address: 133 Park Street, NE
City: Vienna, VA 22180
Phone: (703) 281-2657

Medical And Dental

Medical and Dental Overview

See Medical Services/Directory number listed below.

Name: RADER US ARMY HEALTH CLINIC
Address: Building 525
City: Fort Myer, VA 22211-1101
Phone: (703) 696-3467
DSN Phone: 426-3467

Medical Services/Directory - on Installation

The Andrew Rader US Army Health Clinic provides routine primary care for all eligible beneficiaries. Patients must enroll with the clinic to receive treatment in one of three care groups; Primary Care clinics or Pediatrics. In each group each patient is assigned to one physician for all routine care, i.e. health maintenance and minor complaints. Patients are referred out by their primary physician for more comprehensive care at any number of military hospitals in the area.

Specialty services available at the Andrew Rader US Army Health Clinic are as follows: Physical Therapy, Adult Wellness Center, Podiatry, Physical Exams, Optometry (active duty only), Audiology (Hearing Conservation), Allergy and Immunization, Mental Health, Laboratory, Radiology, Pharmacy, Nutrition and Community health.

Andrew Rader Clinic is located within Region One of the Tricare system. Region one is different from the other regions in that Prime enrollment is not automatic for active duty personnel. All active duty personnel must enroll with a military treatment facility or medical clinic to continue as a Prime enrollee. To enroll with the clinic, contact Patient Administration at Andrew Rader Clinic.

For questions concerning TRICARE or CHAMPUS contact the Health Benefits Advisor 703-696-3656.

RADER CLINIC Building 525 Ft Myer, VA 22211-1101 Clinic Information: (703)696-3467 or DSN:

Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
ACTIVE DUTY SICK CALL (Primary Care 100)		(703) 696-3630
ADULT WELLNESS CENTER		703) 696-3553
ALLERGY/IMMUNIZATION CLINIC		(703) 696-3439/3440
Commander		(703) 696-3447
DENTAL CLINIC		(703) 696-3460
EFMP COORDINATOR		(703) 696-3683
HEALTH BENEFITS ADVISOR (TRI CARE)		703) 696-3656/3657
Information/Automated Telephone		(703) 696-3467
OPTOMETRY/AUDIOLOGY/P HYSICAL EXAM		(703) 696-3477
PATIENT ADMINISTRATION		(703) 696-3603
PEDIATRIC CLINIC		(703) 696-3574
PHARMACY		(703) 696-3616
PHYSICAL THERAPY		(703) 696-3442/3443
PODIATRY		703) 696-3552
PRIMARY CARE CLINICS		(703) 696-3630/3629

**Health Benefits Advisor, Wellness, and
CHAMPUS/TRICARE Programs**

For more information on this subject:
TRICARE
<http://www.tricare.osd.mil>

DeWitt hospital, located on Fort Belvoir, VA operates a number of family health centers in the Northern Virginia area. All active duty and retired uniformed services personnel and their dependents who are entitled to care at military treatment facilities and who are registered in DEERS, are eligible for care. There is no cost to the patient for treatment. PRIMUS clinics are open 365 days a year.

FAIRFAX 3031 Javier Road Fairfax, VA 22031
(703) 849-9711 Information

BURKE 6045 Burke Center Parkway Burke Town
Center, Burke, VA 22015 (703)764-0507 Information

WOODBIDGE 1519 Davis-Ford Road
Woodbridge, VA 22192 (703)491-7668 Information

Appointments for all PRIMUS clinics can be made
by calling: (703) 550-2671

Name: FAMILY HEALTH CENTER OF FAIRFAX
Address: Prosperity Business Campus
City: Fairfax, VA 22031
Phone: (703) 846-9503 (703) 491-8191 Information

Name: WOODBRIDGE HEALTH CENTER
Address: 1519 Davis-Ford Road
City: Woodbridge, VA 22192
Phone: 703-491-7668 Information 703-550-2671 Appointments

Community Hospitals

Family Health Care Center of Ft. Myer (Rader Clinic) is part of the DeWitt Primary Care System. DeWitt hospital, located on Fort Belvoir, VA operates a number of primary care clinics in the Northern Virginia area; Rader Clinic is one of them. For services not available at the Rader clinic, patients may be referred out to one of the many military hospitals or clinics that do provide the needed service.

Name: BETHESDA NAVAL MEDICAL CENTER
City: Bethesda, MD
Phone: (301) 295-4810 Emergency (301) 295-4611 Info Appts 1-800-526-7101

Name: DEWITT ARMY COMMUNITY HOSPITAL
City: Fort Belvoir, VA
Phone: (703) 805-0414 Emergency (703) 805-0510 appts 805-0612
Proximity to site: METRO: None

Name: KIMBROUGH ARMY COMMUNITY HOSPITAL (KACH)
City: Fort Meade, MD
Phone: (410) 677-8606 Appointments (301) 677-8519 Emergency

Name: MALCOLM GROW MEDICAL CENTER
City: Andrews Air Force Base, MD
Phone: (301) 981-2333 Emergency (301) 981-7511 Appt

Name: WALTER REED ARMY MEDICAL CENTER
Address: 6825 Georgia Ave, N.W.
City: Washington, DC
Phone: (202) 782-3501
DSN Phone: 662-3501 info.
Proximity to site: METRO: Silver Spring and about a 6-8 block walk

Dental Services/Directory - on Installation

For more information on this subject:
<http://www.ucci.com>

Routine dental services are available for active duty personnel only. However, any eligible beneficiary may receive emergency treatment (i.e. bleeding, excruciating pain, etc.). The Active Duty Dental Plan is a comprehensive dental plan available to the spouses and children of active duty members of the seven uniformed services. For more information concerning United Concordia, The Dependents Dental Plan, sponsors and dependents can contact the Health Benefits Advisor in the CHAMPUS office.

Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
TFMDP Customer Service	United Concordia Com	1-800-866-8499

Family Member Dental Plan

For more information on this subject:
DELTA DENTAL
<http://www.DDPdelta.org>

Eligibility.....: Active Duty Family Members

Cost.....: 1 person, \$7.64 per month/2 or more people, \$19.09 per month.

Coverage..... : Preventive, Diagnostic and Emergency Care

Where to Get Care.....: Civilian dentists who are members of United Concordia Plan or accept United Concordia Plan Program. You may see any dentist but it may cost more.

Where to Get Information: Health Benefits Advisor
(703)-696-3656/57

The TRICARE Family Member Dental Plan (TFMDP) is a comprehensive and affordable dental plan available to eligible spouses and children of

active duty Uniformed Service members. The TFMDP has cost shares, benefit maximums and coverage limitations similar to typical group dental insurance plans. To be eligible for TFMDP enrollment, sponsors must intend to remain on active duty for at least 24 months and this commitment must be confirmed by their parent Uniformed Service. Enrollment and/or changes to enrollment can be accomplished by filling out a DD Form 2494 or 2494-1 at the sponsor's servicing personnel office. Please read these forms carefully as they provide detailed information on enrollment options, limitations and when TFMDP coverage begins. Upon enrollment, the sponsor must pay the monthly premium through their Uniformed Services payroll account - the Government pays 60% of monthly premiums. Before providing care to family members, some dental providers may ask to see a copy of the sponsor's Leave and Earnings Statement showing the dental plan payroll deduction. Coverage is worldwide and portable between assignments. United Concordia Companies, Inc. (UCCI) administers the TFMDP. Detailed TFMDP coverage and enrollment information can be found in the TFMDP benefit booklet. For more information about the program, visit UCCI's web site or contact them at

1-800-866-8499 for information on the TFM DP in the United States, Canada, Guam, Puerto Rico and the U.S. Virgin Islands, or 1-717-975-5017 (toll call) for information on the TFM DP in all other locations. In overseas locations, enrolled sponsors and family members must contact their servicing overseas dental treatment facility and/or Overseas Lead Agent before seeking treatment from host-nation dental providers, except for emergency care.

Housing

Housing Overview

The greater Washington DC area includes installations at Forts Myer, McNair, Belvoir, Meade, Detrick, Ritchie, Walter Reed Army Medical Center and The Pentagon. All of the installations are within 60 miles or a one-hour commute from the White House, which is a natural focal point of the area. Many communities with a variety of housing may be found within this 60 mile radius. Soldiers assigned for duty in this area are authorized to apply, under priority two, and be assigned family quarters at the

installation of their choice, regardless of duty station or place of work. Residing in on-post housing is voluntary, not mandatory, except for personnel assigned to Key and Essential Positions, as designated by the Installation Commander.

Soldiers desiring to apply for on-post housing must do so within 30 days of their arrival to receive an eligibility date back to the date of departure from their last permanent duty station. If application is made after the initial 30 days, the eligibility date will be the date of the application.

A copy of PCS orders must be presented with the application along with proof of dependency (Deers, or Marriage or Birth certificates). Only the soldier can apply for and place their name on the waiting list, however, spouses can be authorized to accept and sign for housing.

Housing Allowances

Housing allowance information is available at addresses below.

Housing Allowances

Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site:	
Rates and Allowances Home Page	http://www.dtic.mil/perdiem/rateinfo.html
Basic Allowance for Housing	http://www.dtic.mil/perdiem/bah.html
Overseas Housing Allowance	http://www.dtic.mil/perdiem/allooha.html

Government Housing

For more information on this subject:
PSC HOUSE EXPRESS
<http://pcshousearmy.com/>

The Fort Myer Military Community has 214 set of quarters: TENCZA TERRACE (Fort Myer): 118 unit Hi-rise offers two, three, and four bedroom apartments for all ranks of enlisted personnel. Units are centrally heated and air conditioned and kitchens are equipped with gas range, refrigerator, garbage disposal and washer/dryer hook-ups.

Myer/Fort McNair: 96 historical family housing units offering 1-5 bedrooms for Personnel in Key and Designated Positions. Exceptional Family Members are not authorized priority housing. All requests are processed on a case-by-case basis.

TRANSIENT HOUSING (FORT MYER & FORT MCNAIR): FMMC Lodging consists of 58 total guest

rooms located on 2 U.S. Army installations - Fort Myer, Arlington, VA and Fort McNair, Washington, DC. The guest room inventory consists of 18 Distinguished Visitors Quarters/Suites located in Wainwright Hall (Fort Myer, Chief of staff of the Army's Guest Quarters, Advance reservations for these rooms controlled by the Department of the Army (DA) Protocol Office for 07 and above), 13 one-bedroom apartments (Fort Myer, Advance reservations for 4 of these rooms controlled by DA Protocol for GO Aides) and 27 standard hotel rooms, family suites, etc. (Fort McNair). All guests (Fort Myer and Fort McNair) must check-in/out at the main Lodging office, Fort Myer. The main Lodging office is open 24 hours/day. For a complete description of the guest rooms, rates, amenities, etc., at both Fort Myer and Fort McNair, please go to the web site that is located in the detail below. For Lodging reservations for both Fort Myer and Fort McNair, call the FMMC Lodging office at 703-696-3576/7 (DSN 426) or e-mail them at: myerlodging@fmmc.army.mil.

THERE ARE NO GEOGRAPHICAL OR BONAFIDE BACHELOR HOUSING ON FMMC (MYER AND MCNAIR).

WAITING TIMES FOR QUARTERS

Officers Quarters Indefinite
 Enlisted Quarters (E1-E9) 2 Bedrooms/3-6 months --
 -3 Bedrooms/3 months ---
 4 Bedrooms/6-12 months

Furniture availability None

Name: FMMC LODGING
Address: Building 50 318 Jackson Ave.
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3576/7
DSN Phone: 426-3576/7
E-Mail: myerlodging@fmmc.army.mil
WWW Link: http://www.fmmcmwr.com
Comments: Hours of operation are 24hrs/day.

Name: FORT MYER HOUSING SERVICES BRANCH
Address: Building 321
City: Fort Myer, VA 2211-1199
Phone: (703) 696-3557/8
DSN Phone: 426-3557/8
Comments: Hours of operation are 0730-1600 Monday-Friday

Community Housing

If you need relocation and/or housing information prior to arriving, this area has a Center for Area Information and Referral (CAIR) provided by the Relocation Assistance Program located in Army Community Service. Please call 1-800-477-9571 or DSN 426-0026 for more information.

All newly arrived military personnel should report to the Community Homefinding Relocation and Referral Service Office (CHRRS) located in building 321, Fort Myer, VA, prior to signing a lease or entering into an agreement with local agencies. Services provided consist of listings of private homes, townhouses, and condos for rent or purchase, a list of hotel/motels, furniture rental brochures, VA information, and area maps. Apartment rent starts at 1 Bedroom \$675, 2 Bedroom \$775, 3 Bedroom \$800.

The Set-Aside Housing Program provides affordable housing (apts/some Townhouses) and eases the cost

associated with locating housing by waiving the application fees and security deposit. Rental rates are reduced and are paid thru payroll allotment. Approximately 40 apartments participate in the program.

For more information, please contact the Housing Office at (703) 696-3557/8 or DSN 426-3557/8.

COMMUNITY HOUSING SUMMARY

	RENT	PURCHASE
1 Bedroom Apartment	\$675 & up	
2 Bedroom Apartment	\$775 & up	
3 Bedroom Apartment	\$800 & up	
2 Bedroom Townhouse	\$850 & up	
3 Bedroom Townhouse	\$900 & up	
3 Bedroom House	1200 & up	195,000 & up
4 Bedroom House	1300 & up	225,000 & up
Room/share	1300 & up	
Please see "At a Glance" for more information concerning Housing information.		

Utilities

Some of the major companies in this area are listed below.

Name: CITY OF FAIRFAX VIRGINIA CITY WATER DEPARTMENT
Address: 10455 Armstrong Street
City: Fairfax, VA 22030
Phone: (703) 385-7915

Name: CITY OF FALLS CHURCH VA CITY WATER DEPARTMENT
Address: 300 Park Avenue
City: Falls Church, VA
Phone: (703) 241-5071

Name: D.C. (DPW, BUREAU OF WATER MEASUREMENT & BILLING)
City: Washington, DC
Phone: (202) 727-5240
Comments: New owner/occupant must be sure previous owner/occupant's bill has been paid in full or new owner/occupant will be responsible for balance.

Name: DALE CITY VA AMERICAN WATER COMPANY
Phone: (703) 549-7083
Comments: Dale City, VA Sewage-Dale Services Corporation (703) 550-9569. For homes in ZIP CODE 22193 Deposit is \$40.00 Application fee is \$5.00 non refundable. Deposit is credited to account after one year of service. If you have lived in Dale City previously, no deposit is required.

Name: FAIRFAX COUNTY (FAIRFAX COUNTY WATER AUTHORITY)
Phone: (703) 698-5600
Comments: New account is \$28.00 non refundable, includes \$8.16 advance service charge/quarterly service charge is \$4.25 in addition to cost of water used.

Name: LOUDOUN CO , VA LOUDOUN COUNTY SANITATION AUTHORITY
Phone: (703) 478-8016

Name: NORTHERN VIRGINIA ELECTRIC COOPERATIVE
Address: 10323 Lamond Drive
City: Manassas, VA
Phone: 1-800-257-7777
Comments: Connection Charge: \$10 on first bill Military Waiver of Deposit- None

Name: POTOMAC ELECTRIC POWER (PEPCO)
City: Washington, DC 20068
Phone: (202) 833-7500
Comments: Connection Charge: None

Name: PRINCE WILLIAM CO, VA CONTINENTAL TELEPHONE COMPANY
Phone: (703) 680-8811
Comments: Connection Charge: \$29.25 residence with current phone service \$60.25 residence without current phone service, a new house, or a house tha has not had service for some time.

Name: PRINCE WILLIAM COUNTY - SERVICE AUTHORITY
Address: Four County Complex Court
City: Woodbridge, VA
Phone: (703) 335-7900
Comments: Application fee: \$12.00 non refundable For residences in Prince William Co except Dale City, Manassas City, Manassas Park and Occoquan Park.

Name: VERIZON (District of Columbia)
City: Washington, DC
Phone: (202) 954-6263
Comments: Connection Charge: \$30-\$43

Name: VERIZON (Maryland)
Phone: (301) 954-6260 (410) 954-6260
Comments: Call for details.

Name: VERIZON (Virginia)
Phone: (703) 876-7000
Comments: Connection Charge: \$38.50 connection fee, if the company does not have to come out to the home. Company will honor a certificate of credit or they can check with another phone company if you can provide the complete company name and your old phone number, instead of the deposit. Verizon will accept collect calls from those calling outside of the local calling area. Military Waiver: Residential credit certificate from previous phone company will waive the deposit. Obtain certificate before departure and hand carry with you here.

Name: VIENNA CITY FINANCE DEPARTMENT (Water and Sewage)
Address: 127 Center Street South
City: Vienna, VA
Phone: (703) 255-6300
Comments: New Account Charge: \$5.00 non refundable Service Charge: \$4.00 per quarter

Name: VIRGINIA AMERICAN WATER COMPANY (Alexandria)
Address: 2223 Duke Street
City: Alexandria, VA
Phone: (703) 549-7080
Comments: This is for residence inside the Beltway and west to Landmark.

Name: VIRGINIA ELECTRIC POWER COMPANY (VEPCO)
Address: 7 district offices
Phone: (703) 359-3568
Comments: Connection Charge: \$15 billed on first bill

Name: WASHINGTON GAS COMPANY
Phone: 1-800-752-9452
Comments: Connection Charge: \$25.00 in VA and MD Military Waiver of Deposit- None

Relocation Services

Relocation Services Overview

The newly arriving soldier and family members should be aware that the Army Community Service Relocation Assistance Program conducts an orientation and in-processing program called START RIGHT. It serves as an introduction to life in the National Capital Region for service members and military families. This is a mandatory two day comprehensive inprocessing orientation program held on Monday and Tuesday or Thursday and Friday. During this orientation, participants accomplish all inprocessing and are exposed to the programs offered throughout the community. Spouses are encouraged to attend the second day when community resources are discussed and a tour of the general area provided. Contact Army Community Service in Building 201, Fort Myer (703) 696-3510 or DSN 426-3510 for more information. Fort Myer also has a unique program called The Center for Area Information and Referral (CAIR) which will assist you in a move to this area. Call DSN 426-0026 or 1-800-477-9571 for personalized relocation assistance, rental and buying assistance, local school information, on and off post recreational activities and local area transportation.

Our Lending Locker is well equipped with many items you might need while waiting shipment of household goods. You will find futons, kitchen kits,

appliances, high chairs, cribs, strollers, car seats and more.

For more information on Relocation Assistance services at Fort Myer, please contact Trina Reliford at (703) 696-3510 or DSN 426-3510.

Name: CENTER FOR AREA INFORMATION AND REFERRAL (CAIR)
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-0026 1-800-477-9571
FAX: (703) 696-0165
DSN Phone: 426-0026
DSN FAX: 426-0165
E-Mail: relocation@fmmc.army.mil
Comments: Hours of operations are M-F 0730-1600

Name: RELOCATION ASSISTANCE PROGRAM
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
DSN FAX: 426-0159
E-Mail: relocation@fmmc.army.mil
Comments: Hours of operation are M-F 0730-1600

Name: START RIGHT
Address: BLDG 243 Town Hall
City: Fort Myer, VA 22211
Phone: (703) 696-0046/3510
FAX: (703) 696-3924
DSN Phone: 426-0046/3510
DSN FAX: 426-3924
Comments: Hours of operations M-Tu, Th-F 0900-1130

Relocation Assistance

The Relocation Assistance Program provides Pre-move and Post-move assistance, Overseas Briefings, Welcome Packets, Lending Locker, Resource Library, computerized data base, Standard Installation Topics Exchange Service (SITES) which provides computerized printout regarding on and off-post information.

Relocation is a challenge. It's never easy to leave family, jobs and friends behind. While no move is without its difficulties and annoyances, careful planning can often be the big difference between a

routine relocation and financial and emotional hardship. Contact your Relocation Assistance Program, as soon as you receive your PCS orders and you can gain information on your new PCS stations, e.g., community, installation, schools, shopping, jobs, etc.

Also, you need to contact transportation office, homeowners begin preparations to sell or rent, if residing in government quarters, contact your housing office. Make an inventory of possessions and valuables. Organize personal records, such as birth certificates, insurance papers, etc. Take care of necessary medical and dental appointments. If service member is going TDY in advance of PCS, have power of attorney for someone to take care of your personal business in your absence. Take care of auto maintenance and repairs if traveling by automobile. Have pets checked by the vet and vaccinations updated, take copy of records. Notify schools and arrange to pick up records. For more information in planning your move, contact your Relocation Assistance Program at your installation.

Name: RELOCATION ASSISTANCE
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
DSN Phone: 426-3510
Comments: Hours of operation are 0730-1600 Monday-Friday

In Transit Emergencies

No matter how well you have planned your move, emergencies happen.

Before you leave make sure you have all important papers with you, not packed with your household goods. Make sure you have important phone numbers.

The American Red Cross is always available for emergency aid. Contact the nearest chapter listed in the local phone directory.

Army Emergency Relief (AER) can provide financial assistance to meet unforeseen required travel and related maintenance expenses such as transportation, lodging or food when applicable due to extraordinary costs involved with permanent change of station (PCS).

Name: AMERICAN RED CROSS EMERGENCY
Phone: 1-877-272-7337
Comments: Hours of operation are Monday-Friday 0730-1600 For after duty hour emergencies call 202-728-6499

Name: ARMY EMERGENCY RELIEF
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: 703-696-3510
DSN Phone: 426-3510
Comments: Hours of operation are Monday-Friday 0730-1600

Financial Preparedness

For more information on this subject:

VHA, PerDiem, and COLA RATES

<http://www.dtic.mil/perdiem/rateinfo.html>

The Washington Area has a reputation that most soldiers hear about long before they arrive. You undoubtedly have already been told how expensive everything is here. Although housing in this area is expensive Fort Myer has a unique program, The Center for Area Information and Referral (CAIR), which will assist you in a move to this area. Call 1-800-477-9571 or (703) 696-0026 or DSN 426-0026 for personalized relocation assistance, rental and buying assistance, on and off post temporary lodging list, local school information, on and off post recreational activities and local area transportation, etc.

Most things you will want to spend money on, after housing, can cost less in Washington than in most other locations, or even free. No matter what your interests, you will find them here or close by. Your entertainment costs can be lower here than anywhere else the Army can send you.

CONSUMER AFFAIRS/FINANCIAL ASSISTANCE PROGRAM (CAFAP) has a one day Financial Management Program for 1st Termers or anyone wanting to learn more about managing their money. Moving to this area can be very traumatic to your budget while you adjust to changes in family incomes (loss of spouses job), higher housing costs, moving expenses, etc.

Name: CONSUMER AFFAIRS/FINANCIAL ASSISTANCE (CAFAP)
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510/0163
FAX: (703) 696-0159
DSN Phone: 426-3510
DSN FAX: 426-0159
Comments: Hours of operation are Monday-Friday 0730-1600 Short term emergency assistance hours of operation- On call 24 hrs a day.

Exceptional Family Member Program (EFMP)

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and personnel services to families with special needs.

An exceptional family member is a child or adult with any physical, emotional, developmental, intellectual disability that requires special treatment, therapy, education, training or counseling.

The following soldiers with exceptional family members must enroll in the program: Active Army, U.S. Army Reserve (USAR) soldiers in the USAR-Active Guard (AGR) program and other USAR soldiers on active duty exceeding 30 days, Army National Guard (AGR) personnel serving under authority of Title 10, United States Code. Department of the Army civilian employees do not enroll in the program, but must identify family member children requiring special education and medically related service needs to their current civilian personnel office each time they process for an assignment to a location outside the United States where family member travel is authorized at Government expense.

To initiate enrollment, the soldier contacts the nearest medical treatment facility EFMP point of contact to begin the assessment process and obtain either the medical and/or educational forms. Once the forms are completed, they are forwarded to the appropriate regional medical center for coding and then to the Army personnel agencies who enroll the soldier in the program. EFMP enrollment does not adversely affect selection for promotion, schools or assignment. Information concerning EFMP enrollment or any of the data used in the program is not made available to

selection boards. Enrollment allows assignment managers at Army personnel agencies to consider the documented medical and special educational needs of exceptional family members in the assignment process. When possible, soldiers are assigned to areas where medical and special educational needs of their exceptional family member(s) can be met. This assignment will depend on a valid personnel requirement for the soldier's grade, specialty and eligibility for the tour. All soldiers are eligible for worldwide assignments.

Special education needs are only considered in assignments outside the United States. Assignments within our 50 States and Trust Territories are not based on the educational needs of children, due to the fact that every local school system must obey public laws regarding the provision of special education.

The Fort Myer Military Community's (FMMC) Rader Clinic provides limited services to family members. Multi-service military and civilian medical facilities, offering adult and pediatric services, are available within the Virginia, Maryland and Washington D.C. area. For further information regarding routine and speciality services, contact the Andrew Rader US Army Health Clinic Patient Administration Division, (703) 696-3465 or the TRI-CARE office, (703) 696-3467.

The Fort Myer Military Community's (FMMC) Army Community Service (ACS) Exceptional Family Member Program (EFMP) provides community special needs resources; chairs an installation multidisciplinary committee, servicing special needs family members; facilitates a Special Needs Resource Team (SNRT), properly placing special needs children within the Child Development Center; offers educational and training sessions and provides a special needs video and book resource library.

Name: FORT MYER ARMY COMMUNITY SERVICE
POC: Exceptional Family Member Program Coordinator
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
DSN FAX: 426-0159
Comments: Hours of operation are 0730-1600 Monday-Friday

Household Goods In-Bound Shipments

For more information on this subject:

JOINT PERSONAL PROPERTY OFFICE
(JPPSOWA)

<http://www.belvoir.army.mil/JPPSOWA>

Contact the Joint Personal Property Office(JPPSOWA) as soon as possible after your arrival. The transportation office needs a telephone number and address where you can be reached. As soon as you have a delivery address for your household goods, provide this information to the transportation office. If at all possible, accept delivery of your personal property as soon as it arrives. To obtain status of inbound household goods call the number below.

Name: JOINT PERSONAL PROPERTY SHIPPING OFFICE, (JPPSOWA)
City: Fort Belvoir, VA
Phone: (703) 806-4900
Comments: To leave a message or to contact after duty hours: (703) 806-4552 Call 703-695-4163 for all other information.

Household Goods Out-Bound Shipments

For more information on this subject:

JOINT PERSONAL PROPERTY SHIPPING
OFFICE (JPPSOWA)

<http://www.belvoir.army.mil/JPPSOWA>

This information is designed for military personnel and family members who are preparing for shipment of household goods. It is based on entitlement found in Joint Federal Travel Regulation (JFTR) and the IT'S YOUR MOVE booklet by the American Forces Information Service, Department of Defense, 1994.

Generally, the Permanent Change of Station (PCS) and arrangement of household goods begins once the service member receives orders and a destination site has been determined. Specific arrangements for personal shipments normally begin at the local transportation office. Each pay grade has its own weight allowance, which is the maximum weight that can be moved at government expense under JFTR. The allowance includes the weight of household goods shipped, placed in storage or sent as unaccompanied baggage. Anything exceeding the maximum weight allowance must be paid by the service member. All shipments can be weighed before destination delivery and can be coordinated with the local transportation office.

Make sure you set up an appointment with your local transportation office once new PCS orders are in hand.

Name: TRANSPORTATION OFFICE (Movement Office)
POC: Director Travel Assistance
Address: Attn: JDHQ-TSM USASCAF 6604 Pentagon
City: Washington, DC 20130-6604
Phone: (703) 695-4163
Comments: Hours of operation are 0730-1600 Monday-Friday. Closed for lunch 1200-1300 Monday-Friday.

Household Goods Claims

For more information on this subject:

JOINT PERSONAL PROPERTY SHIPPING
OFFICE (JPPSOWA)

<http://www.belvoir.army.mil/JPPSOWA>

If you discover loss or damage, upon delivery, you are required to list the loss or damage on the "Joint Statement of Loss or Damage at Delivery" (DD Form 1840). The carrier or the carrier's representative will provide you with this form at the time of delivery. This form is to be completed jointly by you and the carrier or carrier's representative who is delivering the shipment. The DD Form 1840 serves as a notice to the carrier of loss or damage and a receipt of delivery.

If you discover additional loss or damage not annotated on the DD Form 1840, you must use the "Notice of Loss or Damage" (DD Form 1840-R) on the reverse of the DD Form 1840. You have up to 70 days to inspect your property and record all loss or damage. In all instances the completed DD Form 1840/1840-R must be delivered to your local claims no later than 70 days from date of delivery. Failure to deliver the form or list all items may result in a 100% reduction of the amount payable on your claim.

You have two years from the date your shipment was delivered to file your claim against the government. However, to assure prompt settlement, claims should be filed as soon as the damage or loss is apparent. Bear in mind that you cannot legally receive double payment for the same damage. Should this happen you would be responsible for returning any overpayment to the government.

If you sustain property loss or damage, promptly contact the claims office for assistance. You must allow both the government and the carrier to inspect the damage if either request to do so. Do not dispose of damaged items until the damage has been inspected by all proper parties or you have been notified to dispose of it. In the case of mildew or smoke-damage, you may be required to keep the articles until your claim is settled, at which time some items may have to be disposed of through salvage channels. Your claims representative can advise.

Name: FORT MYER LEGAL SERVICES
POC: Claims Adjudicator
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-0761
Comments: Hours of operation are 0730-1630 Monday-Friday. Claims hours are 0800-1300 Monday-Friday.

Household Goods Weight Allowances

Your weight allowance is the maximum weight that can be moved at government expense under the Joint Federal Travel Regulation (JFTR).

You, not your transportation officer or carrier, are responsible for staying within this weight allowance. If the weight of items packed, shipped or stored exceed that amount, you must pay all charges connected with the excess weight.

For this reason, estimating the weight of your household goods is very important. Estimates should start early, even before you visit your transportation

office to set up the move. You should make the first estimate because the counselor at your transportation office will ask you how much weight you will be shipping.

An easy and fairly dependable method for making this estimate is to figure 1,000 pounds per room (not including storage rooms or bathroom) and then add the estimated weight of large appliances and items in the garage, storage rooms, basement, etc.

As a double check later in the movement process, count the number of items on the inventory form used by the carrier then multiply the number by 40 pounds.

If, while your goods are being packed and loaded, there is evidence that the shipment will exceed your weight allowance, you may want to call your transportation office. They will estimate the costs associated with your excess weight. This way you will be somewhat prepared for charges you will have to pay. If you are separating from the service and will not remain in a pay status, excess cost must be paid in advance of this shipment.

In some overseas areas, administrative weight allowances are set on the amount of household goods that can be shipped at government expense. If you are being provided government furniture, for example, the government will not pay to ship your full JFTR weight allowance there. If you are affected by an administrative weight allowance, the counselor at your transportation office will let you know how many pounds you can ship.

This list is subject to change. For current allowances contact the office to which the claim would be made.

Household Goods Weight Allowances

<i>Grade</i>	<i>Allowance w/Dependents</i>	<i>Allowance wo/Dependents</i>
E1	5,000	1,500
E2	5,000	1,500
E3	5,000	2,000
E4	(-2) 7,000 (+2) 8,000	(-2) 3,500 (+2) 7,000
E5	9,000	7,000
E6	11,000	8,000
E7	12,500	10,500
E8	13,500	11,000
E9	14,500	12,000
W-1	12,000	10,000
W-2	13,500	12,500
W-3	14,500	13,000
W-4	17,000	14,000
O-1	12,000	10,000
O-2	13,500	12,500
O-3	14,500	13,000
O-4	17,000	14,000
O-5	17,500	16,000
O-6+	18,000	18,000

POV In-Bound Shipments

You are allowed to ship one privately owned vehicle at government expense to or from an overseas area when permitted (some overseas areas restrict shipment of POVs). The entitlement to ship an otherwise eligible POV from overseas to the United States is not dependent on whether a POV was shipped to the overseas area. The entitlement to ship a POV to the overseas area and the purpose of this shipment, a POV is a vehicle owned by the member or a dependent of the member (member must show proof of ownership/registration or lease agreement.)

Prior to shipping please ensure a sufficient address is provided to origin port for notification.

Name: PASHA GROUP MILITARY VEHICLE PROCESS CENTER
Address: 2501 Broening Highway
City: Dundalk, MD 21222-4197
Phone: 1-800-631-5751

POV Out-Bound Shipments

You are allowed to ship one POV at government expense overseas, when permitted. (Some overseas areas restrict shipment of POV's).

Name: PASHA GROUP MILITARY VEHICLE PROCESS CENTER
Address: 2501 Broening Highway
City: Dundalk, MD 21222-4197
Phone: 1-800-631-5751

POV Claims

When you arrive contact the local legal office for information and assistance. A representative from Legal will be at Start Right (in-processing) to provide more information.

Name: FORT MYER LEGAL CENTER
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-1600
DSN Phone: 426-1600
Comments: Hours of operation are Monday-Friday 0730-1600

Pet Boarding/Kennels

There are many Kennels in the surrounding area, below are a few names and phone numbers. For additional information you can contact the Fort Myer Center for Area Information and Referral Office (CAIR) 703-696-0026, DSN 426-0026 or 1-800-477-9571.

Name: CLUB PET INTERNATIONAL
City: Chantilly, VA
Phone: (703) 471-7818

Name: ANIMAL BOARDING KENNEL OF N. VA.
City: Alexandria, VA
Phone: (703) 971-2127

Name: BURKE PET CENTER
Address: 9546 Burke Road
City: Burke, VA
Phone: (703) 323-3975

Pet Licensing

Those dogs and cats housed off post must be registered when and where you pay your personal property tax.

Pet Quarantines

No quarantine is required in the United States for dogs or cats, however, all dog and cats in the Metro area are required to be immunized against rabbies and registered.

Veterinary Services

For more information on this subject:
NETVET
<http://netvet.wustl.edu/vet.htm>

Fort Myer Military Community Veterinary Services are limited but include most shots, routine problems and non-emergency surgery services. Many items are sold over the counter during business hours. Health certificates are also given by appointment only.

Name: FORT MYER VETERINARY CLINIC
Address: Building 239
City: Fort Myer, VA
Phone: (703) 696-3604
Comments: Hours of operation are Monday-Friday 0800-1500

Pet Transportation

COMMERCIAL AIR TRANSPORTATION The U.S. government is not responsible for shipping pets. If you wish your pet to accompany you on flight, notify your transportation office so that concurrent reservations may be made. It will cost approximately 1/3 of the ticket price to ship your pet.

The passenger and traffic management branch pet waiver authority will transfer to the passenger reservation management branch on 15 May 96. This change places pet reservations and per waiver authority in one office. On 15 May 96, HQ AMC/DOJR assumed responsibility for waiver requests to exceed the basic two pet per family rule and requests to exceed the 100 pound pet limit (for CONUS destinations only) on category B missions. Effective 1 June 96 PCS members with pet dogs exceeding 100 pounds (including cage) may no longer transport their pets on AMC-owned or controlled aircraft unless the pet was transported overseas by AMC prior to the 1 Oct rule change.

Name: Pentagon Transportation Office
Phone: (703) 695-4163

PCS Reporting Procedures

All incoming officer/enlisted (TDY and PCS) will report to building 406 Fort Myer, VA basement HQ's Company, USAG.

Those soldiers reporting after duty hours, on weekends, or holidays, report and sign in at Bldg. 406, CQ desk.

A check list along with the date and time for START RIGHT will be issued. START RIGHT is held each Monday-Tuesday or Thursday-Friday at the Town Hall, Bldg 243. WHAT TO BRING TO START RIGHT: 12 copies each of reassignment orders, duty memorandum and amendments, Form 31 (leave form) must be signed into gaining unit, copy of any travel advance, copy of receipts and plane ticket, DA Form 4187 for rations, DD Form 788, Termination/Assignment of quarters, driver's license, weight tickets, car registration and proof of auto insurance, medical and dental records, if childcare is needed, the child's shot records. For more information call 703-696-3510/0046 or DSN 426-3510/0046.

Notify transportation of your arrival so you can arrange for delivery of household goods.

Name: JOINT PERSONAL PROPERTY SHIPPING OFFICE
City: Fort Belvoir, VA
Phone: (703) 806-4900
Comments: To leave a message or to contact after duty hours call (703) 806-4552. Call (703) 695-4153 for all other information.

Name: START RIGHT
Address: Building 243 Town Hall
City: Fort Myer, VA 22211-1199
Phone: (703) 696-0158 (703) 696-0046
FAX: (703)696-3924
DSN Phone: 426-0158
DSN FAX: 426-3924
Comments: Start Right is a two-day comprehensive inprocessing program mandatory for 06 and below. When you sign-in you will be given specific information concerning START RIGHT.

Separation Procedures

ACAP/JOB ASSISTANCE The MDW Army Career and Alumni Program (ACAP) is a mandatory program for all eligible active-duty soldiers with at least 180 days continuous active federal service, who are separating (voluntarily or involuntarily), to include those retiring. Referral to ACAP is also recommended for Army civilian employees, and nonappropriated fund (NAF) civilian employees transitioning due to force realignments, reductions or base closure, or who are at risk for such actions. The ACAP is optional for transitioning authorized family members.

The Job Assistance Center (JAC) provides job-search skill training, job assistance, career counseling, seminars and workshops. JAC services also include individual counseling; access to the Army Employer and Alumni Network, Defense Outplacement Referral System/Public and Community Service Registry, Transition Bulletin Board, American's Job Bank, Federal Jobs Listing, Executive Search System; and a career reference library.

Name: ARMY CAREER AND ALUMNI PROGRAM
Address: Bldg. 202
City: Fort Myer, VA
Phone: (703) 696-2635
Comments: Hours of operation are M-F 0730-1600

Billeting

For more information on this subject:
ARMY LODGING
<http://www.armymwr.com/portal/travel/>

The billeting office located at Fort Myer also processes soldiers wishing billeting at Fort McNair.

Name: FMMC LODGING
Address: Bldg. 50
City: Fort Myer, VA
Phone: (703) 696-3576/3577
E-Mail: myerlodging@fmmc.army.mil
WWW Link: http://www.fmmcmwr.com
Comments: Hours of operation are 24 hrs/day

Unaccompanied PCS

If you will be leaving your family behind for any reason some of the things you will need to consider are: POWER OF ATTORNEY, this is important if a family member is left behind and has to do things in the name of the military member. FAMILY CARE PLAN, be sure to keep an up to date family care plan, with correct names and numbers of those that may have to care for your children. COPIES OF ORDERS, leave extra copies of our order's with a family member. FINANCES, make sure allotments, checkbooks, savings accounts, credit cards, bills etc. are accessible for family members. VEHICLES, up to date maintenance schedule, vehicle registration and insurance papers. SCHOOL INFORMATION, ensure that all school records are in order.

Support Services

Support Services Overview

Fort Myer Military Community offers a wide range of support services operated by agencies in, as well as off post. The record listings of related subjects provide specific program overviews.

Name: DIRECTOR COMMUNITY ACTIVITIES
Address: 203 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3305
DSN Phone: 426-3305

Family Centers

Family Centers offer the following assistance: Information and Referral, Relocation, Family Advocacy, Financial Counseling and Consumer Education, Family Member Employment Services and Exceptional Family Member Program.

Name: ARMY COMMUNITY SERVICE
Address: Bldg. 201
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
Comments: Hours of operation are: M-F 0730-1600

Information and Referral

For more information call the number listed below.

Name: ACS INFORMATION AND REFERRAL
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510
DSN Phone: 426-3510
Comments: Hours of operation are: M-F 0730-1600 Information and Referral offers information to help access a variety of military and civilian resources in the VA, DC and MD areas. English as a Second Language (ESOL) and Citizenship classes are provided.

Financial Assistance Programs

See number below for information

Name: CONSUMER AFFAIRS AND FINANCIAL PLANNING
Address: Bldg. 201
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
Comments: Hours of operation are: M-F 0730-1600 Consumer education, consumer complaint resolution, financial counseling/planning, debt liquidation, and short term emergency food and financial assistance.

Emergency Assistance

See numbers below for emergency assistance.

Name: ARMY COMMUNITY SERVICE
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
DSN FAX: 426-0159

Name: ARMY EMERGENCY RELIEF
Address: Bldg. 201
City: Fort Myer, VA 22211-1199
Phone: (703)-696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
Comments: Hours of operation are: M-F 0730-1600

Family Advocacy

See numbers below.

Name: ARMY COMMUNITY SERVICE
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
DSN Phone: 426-3510
Comments: Hours of operation are: M-F 0730-1600 Provides education and support services to strengthen family relationships and prevent child abuse and neglect and spouse abuse: support groups, special services for new parents, respite child care, and classes in couples communication, parenting skills, stress management, child and spouse abuse awareness, etc.

Name: COMMUNITY MENTAL HEALTH/SOCAIL WORK SERVICE
Address: Andrew Rader US Army Health Clinic
City: Fort Myer, VA 22211
Phone: (703) 696-3456
DSN Phone: 426-3456
Comments: Provides assessments, case management, and counseling for families with allegations of child and/or spouse abuse.

Single Member Services

The Fort Myer Military Community has a very active BOSS program. For more information call the number listed below.

Name: BOSS (BETTER OPPORTUNITIES FOR SINGLE SOLDIERS) PROGRAM
Address: Bldg. 405
City: Fort Myer, VA
Phone: (703) 696-3471

Support Groups

FAMILY SUPPORT GROUPS are an important part of each unit. Army Community Service provides a wide variety of support for our military families. There are also support groups for specialized needs on and off post. Contact Army Community Service for more information. 703-696-3510

Morale, Welfare, and Recreation

For more information on this subject:
MORALE, WELFARE and RECREATION
<http://www.FMMCMWR.com>

The Fort Myer Military Community has many Morale, Welfare, and Recreation programs. The numbers are listed below.

Name: ARTS and CRAFTS SHOP
Address: Bldg. 405
City: Fort Myer, VA
Phone: (703) 696-3385
DSN Phone: 426-3385
Comments: Hours of operation are: Monday-Wednesday 1300-2100 Sa-Su 1000-1800

Name: AUTO CRAFTS
Address: Bldg. 227
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3387
DSN Phone: 426-3387
Comments: Hours of operation are: W-F 1300-2100, Sa-Su 0900-1700

Name: BOWLING CENTER
Address: Bldg. 411
City: Fort Myer, VA 22211-1199
Phone: (703) 528-4767
DSN Phone: 426-4767
Comments: Hours of operation are: M-Th 1000-2300, F-Sa 1000-0100

Name: FORT MYER COMMUNITY ACTIVITIES & VISITORS CENTER
Address: Bldg. 405
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3471
DSN Phone: 426-3471
Comments: Hours of operation are: Monday-Friday 0800-2100 Saturday & Sunday 1000-1800

Name: FORT MYER FITNESS CENTER
Address: Bldg. 414
City: Fort Myer, VA 22211-1199
Phone: (703) 696-7868
DSN Phone: 426-7868
Comments: Hours of operation are: M-F 0500-2200 Weekends & Holidays 1000-1800

Name: FORT MYER OFFICERS CLUB
Address: Bldg. 214
City: Fort Myer, VA 22211-1199
Phone: (703) 524-7000
Comments: Hours of operation are: Open Tu-Su, call for additional information.

Name: FORT MYER YOUTH SERVICES
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3712
DSN Phone: 426-3712
Comments: Hours of operation vary depending on ages and programs offered, call for complete details or refer to Child and Teen Services.

Name: LIBRARY
Address: Bldg. 469
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3555
DSN Phone: 426-3555
Comments: Hours of operation are: M-Th 1200-2000, Sa-Su 1200-1700

Name: VACATION TRAVEL OFFICE
Address: Bldg. 405
City: Fort Myer, VA 22211-1199
Phone: (703) 524-4535
Comments: Hours of operation are: M-F 0900-1700

Chapel Services and Programs

For more information on this subject:
FMMC CHAPEL PROGRAM
<http://www.fmmc.army.mil>

FMMC religious activities are broad based and include Catholic and Protestant. There are active youth groups within these denominations. Women of the Chapel are active groups that meet regularly. The religious Education Center is modern and presents an atmosphere of warmth and reverence.

Name: FORT MYER MEMORIAL CHAPEL
Address: Bldg. 480
City: Fort Myer, VA
Phone: (703) 696-3532
DSN Phone: 426-3532
Comments: Services include Protestant and gospel Services, Catholic Sunday and daily Mass.

Name: FORT MYER POST CHAPEL
Address: Bldg. 335
City: Fort Myer, VA
Phone: (703) 696-3128
DSN Phone: 426-3128
Comments: Services include Catholic Mass, Samoan Service, Episcopal and Gospel Services.

Drug and Alcohol

For more information see number listed below. Call for classes on Stress Management, Violence In the Workplace, Prevention, Substance Abuse Prevention, Short Term counseling for government employees.

Name: ARMY SUBSTANCE ABUSE PROGRAM (ASAP)
Address: Bldg. 230
City: Fort Myer, VA
Phone: (703) 696-3900
DSN Phone: 426-3900
Comments: Hours of operation are: M-F 0700-1600

Legal Assistance

For Legal assistance information contact the Legal office.

Name: FORT MYER LEGAL CENTER
Address: Bldg. 201
City: Fort Myer, VA
Phone: (703) 696-0761
Comments: Hours of operation are: M-F 0730-1600 Claims M-F 0800-1300, Power of Attorney M-F 0800-1600

Child And Teen Services

Child and Teen Services Overview

For more information on this subject:
YOUTH SERVICES HOME PAGE
<http://www.fmmcmwr.com/youth.htm>

All Youth and Teen Services programs may be used by youth and teens (6 to 18 years old) of active duty military, retired military and DOD civilians. Programs are offered for the youth and teens at the Youth Services Center, building 469. These services include leisure and recreational activities, special events, trips, sports, and a teen lounge. The School Age Services (SAS) program uses the Youth Services Center for before and after school programs, during holidays and the summer.

Youth and teens ages 6 to 18 can learn or improve existing skills at the Youth Services Center. Sports programs include basketball, baseball, softball, tee ball and roller skating. The social/leisure program includes all nighters, holiday theme parties, computer and homework center, billiard table, foosball table, electronic basketball and football games, television with VCR, monthly teen parties, and teen club meetings. The Youth Services Center, building 469 has a game room, multipurpose room with basketball goals, TV lounge and a teen lounge. All Youth and Teen programs are open to all eligible users.

Name: YOUTH AND SCHOOL AGE SERVICES
Address: 201 McNair Road Building 469
City: Fort Myer, VA 22211
Phone: (703) 696-3712
DSN Phone: 426-3712

New Parent Program

Parenting classes are provided through the Family Advocacy Program

Name: FORT MYER ARMY COMMUNITY SERVICE
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
Comments: Call for information regarding parenting classes.

Child Care Programs - on Installation

The center is accredited by the National Association for the Education of Young Children (NAEYC) and currently certified by the Department of Defense (DOD). The center has been recently renovated increasing the capacity from 74 children to 247. Central registration on site is \$20.00 for individuals or \$25.00 per family for a fiscal year registration fee. A parent involvement program is established and working. Parents are encouraged to participate in center activities, attend parent education sessions and to volunteer. A CDS parent newsletter is published quarterly.

All Child Development Services (CDS) may be used by children 6 weeks through 5 years old, of active duty military and DOD Civilians. Programs are offered for 6 weeks through 5 year olds at the Child Development Center (CDC), building 469. These include full-day, and hourly child care on a space available/emergency basis.

Name: FORT MYER CHILD DEVELOPMENT CENTER
Address: Building 469, 210 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3095
DSN Phone: 426-3095

Name: YOUTH SERVICES CENTER
Address: Building 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3712/3728
DSN Phone: 426-3712

Child Care Programs - Community

There are numerous child care facilities in the surrounding area. Please contact the Child Development Center 703-696-3095 for more information.

Things To Do - Clubs and Social

The Teen Club is very active at Fort Myer and is open to all teens 13 to 18 years of age. The teens conduct bi-weekly meetings for the planning of activities and events through-out the year. Besides planning activities and events, teens are an active part of the yearly Fort Myer Community Family Action Plan (AFAP), where they present issues that are facing all youth and teens of Fort Myer and the military as a whole. The teens yearly elect their clubs president, vice president, treasurer and secretary for which they serve for one year. The Teen Clubs also

offer classes on life skills, AIDS, suicide and self esteem, career development, community involvement and how to be aware when on dates or out for the evening.

Name: THE TEEN CLUB
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3728
DSN Phone: 426-3728

Things To Do - Recreation and Sports

A wealth of creative, supervised youth activities are available through the Youth Services Center for youth and teens 6 to 18 years of age. The activities are designed to be fun, promote physical fitness and develop lifelong recreation skills. As an added benefit, programs may also help young people overcome the stress associated with relocating and adjusting to new friends and peer groups at a new duty station. The center has a game room, multipurpose room with basketball goals, television room with TV and VCR. Sports include basketball, baseball, softball, tee ball, laser tag. Roller skating and Laser tag are offered once a month on Friday evenings from 1900-2100. All Youth Services Center programs are open to all eligible youth and teens.

Name: YOUTH SERVICES CENTER
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3712
DSN Phone: 426-3712

Schools

There are many schools in the area, please see section "Public and DODDS Schools" in the EDUCATION section.

School Age Care

The School Age Services (SAS) program is certified by the Department of Defense and uses the Youth Services Center for the before and after school program, during holidays and the summer. SAS provides children with experience positive individual and group activities with adults and peers that compliment rather than duplicate the school day. SAS provides educational and recreational activities which support the youth's needs. This program has included the addition of a computer and homework center with qualified teachers for the youth.

Name: SCHOOL AGE SERVICES (SAS)
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3715
DSN Phone: 426-3715

Religious Programs

Fort Myer religious activities are broad based and include Catholic, Protestant, Samoan and Gospel Services on base. There are active youth groups within the Catholic and Protestant denominations.

POC: Garrison Chaplain
Address: Garrison Chaplain
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3532
DSN Phone: 426-3532

Special Events

The Youth Services Center offers exciting year round activities for all ages! The schedule of activities, trips and events change frequently. Special events held yearly include the Haunted House, Holiday Cookies Contest and Easter Egg Hunt. Stop by the Youth Services Center for a current monthly calendar of events.

Name: YOUTH SERVICES CENTER, SPECIAL EVENTS
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3728
DSN Phone: 426-3728

Sponsorship and Support

For more information on this subject:
YOUTH SERVICES HOME PAGE
<http://www.fmmcmwr.com/>

Youth Sponsorship is provided by age and interest. Sponsorship is a great way to make new friends, we have programs that are individual to individual, group to group or individual to group.

Name: YOUTH SPONSORSHIP PROGRAM
POC: Annette Engum
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3728
DSN Phone: 426-3728

Youth Employment

Youth Services works in conjunction with Army Community Service, Employment Assistance Program to assist the youth and teens in applying and interviewing for jobs.

Name: YOUTH EMPLOYMENT
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3712
DSN Phone: 426-3712

Youth Centers

All Youth and Teen Services programs may be used by youth and teens, 6 to 18 years of age of active duty military, retired military and DOD civilians. Programs are offered for the youth and teens at the Youth Services Center, Building 469. These include leisure and recreational activities, special events, trips, sports, and a teen lounge.

Youth and Teens, ages 6 to 18, can learn or improve existing skills at the Youth Services Center. Sports programs include basketball, baseball, softball, tee ball, laser tag and roller skating. The social/leisure program includes all nighters, holiday theme parties, computer and homework center, billiard table, foosball table, electronic basketball and football games, television with VCR, monthly teen parties, and teen club meetings. The Youth Services Center, building 469 has a game room, multipurpose room with basketball goals, TV lounge and a teen lounge. All Youth and Teen programs are open to all eligible users.

Name: YOUTH SERVICES CENTER
Address: Bldg. 469, 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3712
DSN Phone: 426-3712

For Teens Only

For more information on this subject:
TEENS ON THE MOVE

<http://dticaw.dtic.mil/mtom/>

FORT MYER TEEN PROGRAM

The Fort Myer Teen Club provides the teens with programs that are creative, challenging. They are developed to encourage teen involvement. The teen program offers incentives with points from volunteering. The points have a monetary value which can be accrued and used as entrance fees to adventure parks, professional sporting events, movies, and a variety of other activities. In addition, teens can earn other incentive items such as Teen Club sweatshirts, tee shirts, shorts, jackets, book bags, and sweatsuits once they achieve the point level for that award.

The teens have a teen lounge which provides the teen with their own space separate from the preteens. The lounge has a full stereo system with surround sound, two televisions, a VCR, hockey table, foosball table, billiards table, dart board and computers. The teen lounge opens at 1430 during the school year and at 1300 during the summer, winter and spring school vacations. Programs offered are physically and mentally challenging, and promotes life skills. The teens participate in the Army World Teen Discovery program, local teen programs, and their own weekend retreat during the winter. The Teen Club members have ownership of their programs by means of fundraisers, bi-weekly meetings for planning activities and events, and in the actual development of the teen lounge.

The Teen Club is very active at Fort Myer and is open to all teens 13 to 18 years of age. The teens conduct bi-weekly meetings for the planning of activities and events through out the year. Besides planning activities and events, teens are an active part of the yearly Fort Myer Army Family Action Plan (AFAP). Where they present issues that are facing all youth and teens of Fort Myer and the whole military community. The teens yearly elect their clubs president, vice president, treasurer and secretary for which they serve for one year. The teen Club also offers classes on life skills, AIDS, suicide and self esteem, career development, community involvement and how to be aware when on dates or out for the evening.

Name: TEEN CLUB
Address: Bldg. 469 201 McNair Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3728
DSN Phone: 426-3728

Survival Tips For First Termers

Survival Tips for First Termers Overview

The National Capital Region is a very high cost area in which to live. Most people who have lived in this area for any length of time learn to adjust their lifestyle to their income. Newly assigned active duty soldiers to this area are the most vulnerable consumers especially if they are young. It is of great importance to get these soldiers educated to the pit falls and traps of this area early upon arrival. Army Community Service, Fort Myer, Virginia has established "Start Right". This is a mandatory two day comprehensive in-processing orientation held on Monday and Tuesday or Thursday and Friday which brings together all in-processing services.(day two optional for spouses). During this orientation all in-processing services are taken care of. Participants learn where Consumer Affairs and Financial Assistance Programs are available. Army Community Service has a cash grant emergency assistance program, known as Operation Helping Hand that can assist active duty with short term emergency assistance (\$100.00 or less). They also have an Emergency Shelter Program. Financial Counseling, Planning counselors are available as well. ACS also provides Consumer Education classes, seminars, and workshops on home buying, budgeting, car buying, credit, investments, checkwriting and many other consumer issues to educate soldiers. Soldiers are also informed of other post Emergency Assistance Service providers such as Army Emergency Relief and American Red Cross.

Name: CONSUMER AFFAIRS/FINANCIAL ASSISTANCE PROGRAM
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510
DSN Phone: 426-3510

Before You Move

The Army Community Service Relocation Program also has a unique program, The Center for Area Information (CAIR), which will assist you in a move to this area. Call 1-800-477-9571, (703) 696-0026 or DSN 426-0026 for personalized relocation assistance, rental and buying assistance, local school information, on and off post recreational activities and local area transportation, etc.

It is important to start saving money now, if you haven't already done so, every little bit will help!

Any PCS move is going to cost money. Experts say three to six months pay in reserve will cover emergencies amply. Plan what special expenses that will happen and make a special savings fund ahead for them, ie. change in wardrobe, utility deposits, additional child care, longer commute (more gas expense.) Try to depend on the SMs salary alone, your partner may not get a job right away.

REQUEST A SPONSOR!!! Your unit will have information to assist you. See the Fort Myer Military Community Home page for more detailed information.

Find out your new mailing address. Even if it is only your new unit or a Postal Service Center, you'll need at least a temporary new address.

Send out change of address cards (credit card company, loan company, magazines, banks, anyone who owed you money or a deposit refund, insurance company, friends). Leave a forwarding address with the post office or Postal Service Center, as well as with your old unit.

Keep all important papers, records, ID Cards, will etc. handy throughout the move.

Talk to the staff at the finance center. They will be able to figure out how much travel pay you will receive, (talk to them about dislocation allowance and temporary allowance, etc.) Try not to take advance pay-- you only have to pay it back when you reach your new duty station with all your new bills.

Go through your household goods and get rid of all those things you no longer want or need. You'll only have to unpack them at the other end, and if you are over your weight allowance, you'll have to pay for additional shipping.

Get your children's school records or arrange for them to be sent to their new school.

Get family medical records that may be held by civilian doctors. Carry medical records with you in case you have special needs enroute.

Name: RELOCATION ASSISTANCE PROGRAM
Address: 201 Custer Road
City: Fort Myer, VA 22211
Phone: (703) 696-3510 /8463
FAX: (703) 696-0159
DSN Phone: 426-3510
DSN FAX: 426-0159

After You Arrive

After you arrive contact your sponsor. Report and sign in at the gaining unit. You will be given instructions on reporting for in-processing at START RIGHT. See "Reporting Procedures" for more information.

Notify transportation of your arrival, so you can arrange for delivery of household goods.

Contact your loved ones to notify them that you have arrived at your new duty station.

Name: JOINT PERSONAL PROPERTY SHIPPING OFFICE, (JPPOSOWA)
City: Fort Belvoir, VA
Phone: (703) 806-4900
Comments: To leave a message or to contact after duty hours: (703) 806-4552. Call (703) 695-4163 for all other information.

Reporting Procedures

All incoming officer/enlisted (TDY and PCS) will report to building 406 Fort Myer, VA, basement HQ's Company, USAG.

Those soldiers reporting after duty hours, on weekends, or holidays, report and sign in at Bldg. 406, CQ desk.

Service members will need 201 file, leave form, finance file, medical and dental records.

A check list along with the date and time for START RIGHT will be issued. START RIGHT is held each Monday-Tuesday and Thursday-Friday at Bldg 243, Hall Town.

Name: START RIGHT
POC: FREDA WOMACK
Address: Bldg. 243
City: Fort Myer, VA 22211-1199
Phone: (703) 696-0158 (703) 696-0046
FAX: (703) 696-3924
DSN Phone: 426-0158 426-0046
DSN FAX: 426-3924

Travel Planning

For more information on this subject:
TRAVEL TIPS

<http://www.gordon.army.mil/acs>

It is best NOT to take or spend advance pay unless it is absolutely essential. You must pay it back by monthly deductions from your pay. This will more than likely cause problems while it is being paid back.

Call 1-800-GO-ARMY-1 for temporary housing. You may also get a list of On and Off post temporary lodging facilities from the CAIR office 1-800-477-9571, DSN 426-0026, (703) 696-0026.

Dislocation Allowance (DCA) is two months' BAQ. Don't count on this being there when you need to pay deposits on a new apartment or home.

Travel Pay is mileage related and is usually not paid until after you check in at the new post.

Name: CENTER FOR AREA INFORMATION AND REFERRAL (CAIR)
Address: BLDG. 201
City: Fort Myer, VA 22211-1199
Phone: (703) 696-0026
FAX: (703) 696-0165
DSN Phone: 426-0026

Name: FINANCE AND ACCOUNTING DIVISION
Address: Bldg. 202
City: Fort Myer, VA
Comments: The finance and accounting office provides assistance and information on military and travel pay. For information call: (703) 696-0235/6 for military pay; (703) 696-3522 for travel pay.

Vehicle Ownership

Privately owned vehicles operated on MDW posts and other installations must be registered with the Provost Marshal within 72 hours after arrival. Bring your state vehicle registration card, driver's license and ID card and proof of insurance with you to START RIGHT and you can register at that time.

You've heard it before, this area is unique! With three different areas to choose to live, D.C., Virginia and Maryland you definately have some choices to make.

It is always important to contact your insurance agent and change the location of your car since your rates depend on the area in which you reside. Once you have adequate liability coverage, the following

strategies can be used to save money on auto insurance. Take as large a deductible as you can afford on collision and comprehensive coverage, if your car is over five years old and paid for, consider dropping collision and comprehensive coverage; if you have adequate health and liability insurance, you will probably find that your uninsured motorist coverage duplicates the protection you already have. Don't purchase optional coverages that may offer few or rarely any discounts for which you are eligible; and shop around since premiums for identical coverage vary widely from company to company. For additional information, contact the Army Community Service Consumer Affairs/Financial Assistance Program Manager.

Name: ARMY COMMUNITY SERVICE (ACS)
POC: Consumer Affairs and Financial Assistance Program Manager
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
FAX: (703) 696-0159
DSN Phone: 426-3510
Comments: Hours of operation are Monday thru Friday 0730-1600.

Housing and Billeting

Some temporary housing is available for new arrivals. The cost varies from \$23 to \$50 per night, depending upon the location and type of room, plus \$3 to \$5 for each additional person.

For information call (703) 696-3576 or DSN 426-3576. You may also call 1-800-GO-ARMY-1 for local area billeting information.

Since there is very little available government housing in the National Capital Region, most junior grade enlisted families are forced to live off post on the economy. Soldiers are informed of the Set-A-Side Housing Program and the availability of quarters in Tencza Terrace which has 216 sets of quarters. There are two, three and four bedroom apartments for all ranks of enlisted personnel. Units are centrally heated and air conditioned and kitchens are equipped with gas range, refrigerator, garbage disposal and washer/dryer hook-ups. Soldiers can also sign up for government quarters at Fort Belvoir. See "Record Listing" below.

Name: BILLETING OFFICE
Address: Bldg. 54
City: Fort McNair, DC
Phone: (703) 696-3576/77
DSN Phone: 226-3576/77

Name: HOUSING SERVICES BRANCH
Address: Bldg. 321
City: Fort Myer, VA
Phone: (703) 696-3557/38
DSN Phone: 426-3557

Money Matters

Whenever you PCS, you are going to be faced with some unusual expenses. Some examples of unusual expenses are: travel cost: tickets, gasoline, food and lodging, tolls, car tune-up, new tires before the trip, emergency repairs along the way, deposits: damage and rent deposit on new apartment, utilities, telephone and cable, closing costs if buying or selling a new home, temporary lodging at the old post and at the new post, food, restocking the refrigerator, household incidentals: light bulbs, toilet paper, soaps, cleaning supplies and equipment, curtains, etc.

Other financial impacts of a PCS move are: do we depend on the money my spouse gets from his or her job? How long will it be before he or she can get a new job? Will it pay as well? We may have to live on less money for a couple of months, or more.

Higher cost-of-living includes not only higher housing and food costs, but longer commute to work, child care costs, school costs, etc.

You might have a lower Variable Housing Allowance (VHA) or not VHA at all. See "Record Listing" below.

Name: ARMY COMMUNITY SERVICE
Address: 201 Custer Road
City: Fort Myer, VA 22211-1199
Phone: (703) 696-3510
DSN Phone: 426-3510
Comments: Hours of operation are Monday thru Friday 0730-1600

At A Glance

Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	6713	Active Duty Warrant Officer	200
Guard Reserve Officer	500	Guard Reserve Warrant Officer	75
Retired (Officer and Enlisted)	8000	Foreign Service Officers	387
Active Duty Enlisted	9367	Guard Reserve Enlisted	800
Foreign Service Enlisted	125		
<i>--Civilians--</i>			
Civil Service	540	Wage Grade	500
Non-Appropriated Funds	400	Family Members -on and off Installation-	0
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	1
Child Day Care	1	Family Child Care Certified Homes	0
Total Child Capacity	252	Total Child Capacity	0
Average Waiting List Time -Months-	0		
<i>--Other Services--</i>			
Commissary	1	Exchanges	1
Shoppettes	1	Gas Stations	1
Movie Theaters	0	Banks and Credit Unions	2
McDonalds/Burger King	0	Other i.e. Exchange concessionaires	2

Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting	0	Senior Officer 3 Bed Room	0
Senior Officer 4 Bed Room	0	Senior Officer Other	0
Company Grade Officer Waiting	0	Company Grade Officer 2 Bed Room	0
Company Grade Officer 3 Bed Room	0	Company Grade Officer 4 Bed Room	0
Company Grade Officer Other	0	BOQ	7
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting	0	Senior Enlisted 3 Bed Room	8
Senior Enlisted 4 Bed Room	8	Senior Enlisted Other	0
Enlisted Waiting	0	Enlisted 2 Bed Room	40
Enlisted 3 Bed Room	60	Enlisted Other	0
BEQ	16	Transient Lodging Facilities	0

Education Summary

<i>Name</i>	<i>Numbers</i>
Elementary School	0
Jr High/Middle School	0
High School	0

Local Community Summary

<i>Type of Housing</i>	<i>Avg.</i>	<i>Low</i>	<i>High</i>
Apartment Rent	725	675	800
House Rent	1200	1000	1500
House Price - Single Family	200000	175000	350000
Townhouse/Condominium Price	150000	100000	200000

Medical and Dental Summary

<i>--Medical Facilities--</i>					
Medical Treatment Facilities	N	Number of Beds	0	Medical Clinic	1
Alcohol	Y	Allergy	Y	Audiology	Y
Cardiology	N	Coronary care	N	Dermatology	N
Dietary	Y	Emergency room	N	Endocrinology	N
Family Practice	N	General surgery	N	Gynecology	Y
HIV Unit	N	Hematology	N	Immunization	Y
Infect Disease	N	Intensive Care	N	Laboratory	Y
Mental Health	Y	Neonatal Intensive Care Unit	N	Nuclear Medicine	N
Nephrology	N	Neurology	N	Neurosurgery	N
Obstetrics	N	Oncology	N	Ophthalmology	N
Optometry	Y	Orthopedics	Y	Otolaryngology	N
Pathology	N	Pediatrics	Y	Physical Therapy	Y
Podiatry	Y	Primary Care	Y	Radiology	Y
Rheumatology	N	Urology	N		
<i>--Dental Facilities--</i>					
Dental Clinics	1	Adolescent	Y	Endodontics	Y
General Dentistry	Y	Oral Surgery	N	Orthodontics	N
Pedodontist	N	Periodontics	Y		

Relocation and Support Services Summary

<i>--Military Clubs--</i>			
Officers Club	2	Non-Commissioned Officers Club	2
Enlisted Club	2		
<i>--Recreation--</i>			
Arts and Crafts	1	Automobile Hobby Centers	1
Bowling Centers	2	Recreational Centers	1
Libraries	1	Music and Theater Locations	0
<i>--Physical Fitness/Sports--</i>			
9 Hole Golf Courses	1	18 Hole Golf Courses	0
Gyms/Physical Fitness Centers	2	Jogging Paths	2
Tennis Clubs/Courts	8	Tennis Courts - Lighted	8
Swimming Pools - Public	5		
<i>--Nature/Outdoor Activities--</i>			
Outdoor Recreation Centers	1	Campgrounds	0
Fishing Areas	0	Horse Stables	0

APPENDIX

Disclaimer

Presentation of direct or indirect links to products, services or vendors does not constitute endorsement by the Department of Defense. We have provided links to these sites because they have information that may be of interest to our users. These links are presented for informational purposes only. You are encouraged to thoroughly investigate and evaluate items of interest prior to entering into contractual obligations.